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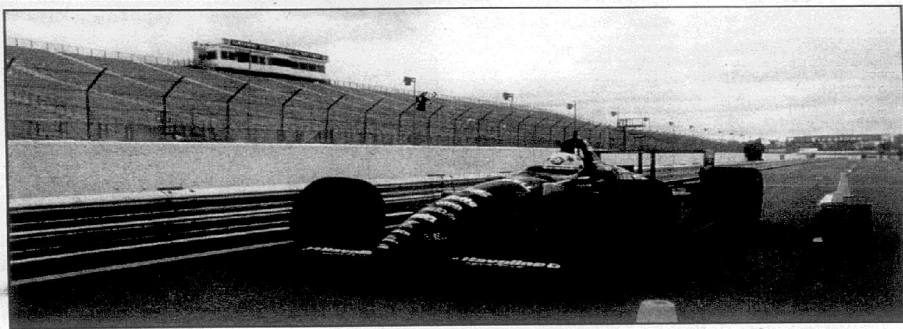
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SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

VOLUME 22, NUMBER 31

WEDNESDAY, APRIL 22, 1998

FIFTY CENTS



Staff photos by JOHN FRESI

Christian Fittipaldi pulls out of the pit lane for a few laps around Gateway International Raceway while testing tires last week. Behind his car is the central grandstand seating area. Below, Fittipaldi answers questions from reporters.

Drivers are back at Gateway

By Scott Cousins
Staff writer

There is still a month until the Motorola 300 at Gateway International Raceway, but Indy-style cars are lining up to take on the track.

The Motorola 300 — set for May 21-23 — is the first of four "major" races set for the track this year.

Since last Wednesday there has been a constant stream of cars, drivers and teams converging on the track for testing.

Testing continued Monday, and was expected to go on nonstop for a few more days.

"This is day six of what will be eight straight days of testing; then (later in the week) we will have two more days of Indy car testing," said track spokesman Pete Wickham Monday.

While some teams were testing tires, others were concentrating on getting ready for the Bosch Spark Plugs Grand Prix, set for this weekend in Pennsylvania.

The 1-mile oval course is the start of what Wickham called the "short oval" season.

From Pennsylvania, the racers will move to Brazil on May 10, back to Gateway May 23, then to Milwaukee.

"They put all of their short ovals in a row, so we will have nine or 10 teams testing here," Wickham said.

In addition to testing, Wickham said plans for the Motorola 300 were "moving right along."

The main grandstands have been expanded and the top levels of seats raised to give spectators a better view.

He said the track has also constructed a new restroom building and a main concession stand, and are working on acquiring land for parking.

Part of that was settled last week when a St. Clair County judge ruled that the Southwestern Illinois Development Authority could use its "quick take" powers on 140 acres of land west of the race track.

Other court hearings are scheduled (See DRIVERS, Page 5A)



Nameoki Village may get help

Solid Granite looking for solutions to problems

By Scott Kelly
Staff writer

Nameoki Village is a prime target for Solid Granite's plans to revitalize the city.

Solid Granite Inc. was formed in 1997 as a community corporation that advocates redevelopment and positive change. Last year, the group sought public ideas and came up with an objective list for improving the city (see related story).

The group's commercial quality committee has been active lately, said Tom Hewlett, president of the group. It

examined the sprawling shopping center's main problems and how solutions could be met.

"The committee brought the property owners and managers together for the first time ever," Hewlett said. "Now is the hard part; now it's 'roll up the sleeves and see what we can come up with.'" Hewlett said. Nameoki Village is the most commercially viable and concentrated area in the city, and pumps much money into the city's economy.

"It's the most vital commercial area in the city, but it (See NAMEOKI, Page 8A)

2 sought in robbery

By Scott Cousins
Staff writer

Madison police are still looking for two of three suspects charged with armed robbery last week.

Trevon L. Williams, 26, of the 1500 block of Second Street; Eugene Herrod, 24, of the 1600 block of Seventh Street; and Michael Houltis, 26, also of the 1600 block of Seventh Street, all in Madison, were all charged with one count of armed robbery April 15.

As of Monday, Williams was in custody at the Madison

MADISON

County jail, while Herrod and Houltis had not been apprehended. Bond on each was set at \$150,000.

According to police reports, the alleged victim said he was walking in the 100 block of Ewing Avenue when the three suspects pulled up to him in a gold 1989 Cadillac Seville.

Someone in the car told the victim "not to look at them," the victim replied and then Herrod allegedly jumped out of

(See ROBBERY, Page 8A)

Last chance to order tickets for achievement luncheon

The deadline for ordering tickets for the 1998 Women of Achievement luncheon is Friday.

Ten outstanding women who have contributed to the strength and health of the St. Louis area will be honored as 1998 Women of Achievement at a May 6 luncheon.

These exceptional women join 421 other Women of Achievement who have been honored since the program began in 1956.

The awards will be presented to the 1998 honorees during a noon luncheon at the St. Louis Ritz-Carlton. Reservations for luncheon tickets, \$25 per person, may be ordered by sending a check to: Women of Achievement, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

Seating will be tables of 10. For those wishing to sit together, reservations and payment for the group should be made at the same time. Those attending the luncheon on behalf of a particular honoree should also include the name of the honoree.

The 1998 Women of Achievement are Mary Randolph Ballinger, volunteerism; Lisa Baue, business and community; (See WOA, Page 5A)



Mail carriers to fight hunger

Nationwide food drive is set for May 9

By Scott Kelly
Staff writer

The fight against hunger will receive a big assist next month when postal carriers collect food for the needy.

The carriers of the National Association of Letter Carriers AFL-CIO branch 1132 will join with more than 1,300 other branches nationwide collecting food for local food banks.

The local mail carriers will have the support of the United Way, Campbells Soup and UAW/Saturn for the May 9 collection.

"It started on the East Coast," said Mike Eliff, president of branch 1132. "We did a real scaled-down version at Christmas time."

All the various carrier groups across the country had their own small versions, until approximately six years ago when the chairman of the national association took the loose-knit concept and organized it into a coordinated, national event, he said.

"The clout at the national level brought in Campbells,"



Staff photo by JOHN FRESI

National Association of Letter Carriers Local 1132 Vice President Chris Glass, left, Madison Postmaster Carolyn Wilson, NAALC Local 1132 President Mike Eliff and Granite City postmaster Sandra Rausch invite people to participate in the National Association of Letter Carriers 1998 Food Drive on May 9. Contributions may be left next to mail boxes for pick-up on May 9 or sent with children to their school in the preceding week.

Eliff said, and ever since they have worked closely with the United Way, the United Auto

Workers at Saturn and the AFL-CIO. "We're (taking in) upwards

of millions of pounds of food every year. Last year we (See DRIVE, Page 8A)

In the Journal

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5 FULLER'S FORECAST

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NEWS

Armenians remember massacre of early 1900s

By Scott Cousins
Staff writer

This week Armenians around the world — including about 1,500 in the Granite City-Madison area — will remember the start of a systematic massacre that is considered the inspiration for Hitler's "final solution" to the Jews. Friday is the 83rd anniversary of the beginning of five years of systematic destruction of the Armenian people.

In Granite City, the Armenian flag will be raised at the Granite City City Hall at 10:30 a.m. Friday.

At 7:30 p.m. there will be a candlelight procession and services at St. Gregory the Illuminator Armenian Apostolic Church, located on

Colonial Drive.

The Rev. Vartan Kassabian, pastor of St. Gregory's, said the massacre "is something that has affected each Armenian no matter where they live."

Between 1915 and 1923, an estimated 800,000 to 1.5 million of the 2 million Armenians living in the Turkish empire were killed, with survivors fleeing to all parts of the globe.

Many settled in this area. Of those, less than a dozen are still alive.

"It was the beginning of the first genocide of the 20th century," Kassabian said.

The Armenian people had lived in the land between the Black and Caspian seas under Turkish rule since around the 14th Century.

While there had been tension and occasional

killings by the Turks of the Ottoman Empire — most notably the massacre of about 200,000 Armenians in 1896, the events of 1915 were especially brutal and unexpected.

A few years before, a reform party called the Young Turks had overthrown Sultan Abd al-Hamid II, a move supported by many Armenians.

However, the new Turkish government, allied to the Germans and Austria-Hungary in World War I, distrusted its Armenian subjects. Kassabian said the killings started on April 24, 1915, when 600 Armenian intellectuals were executed in Constantinople — now Istanbul.

As the war continued, atrocities against the Armenians increased. In February 1917, the U.S. sent a formal note of protest to Turkey,

but no substantive action was taken.

Some of the local survivors — who were small children at the time — have horrific stories about the deaths or disappearances of their parents, brothers and sisters, and relatives.

While some were able to get to Istanbul and escape into Europe — eventually working their way into the U.S. after World War II — others were rescued by Russian and Armenian troops and sent to orphanages in Russia, where relatives found them and brought them to the United States.

"It's been burned into our memories forever, as one lady put it," Kassabian said.

Extension service grows to fit need

Volunteering is alive and well, at least in Madison and St. Clair counties, reports Janet Burnett, an leader for the local offices of University of Illinois Extension Service. In celebration of National Volunteer Week, April 19-25, time will be set aside to give special recognition to over 8 million volunteers in the U.S.

Everyday volunteers can be seen carrying out the mission of the Illinois Cooperative Extension Service in Madison and St. Clair counties.

From teaching youth life skills through demonstration projects or leading others through community service projects, volunteers are involved in every aspect of the local extension service.

They determine the need of the residents in the two counties, plan programs, secure resources and evaluate programs. Indeed, the

extension service would not be in existence today if it were not for the endless hours and hard work put forth by countless dedicated volunteers.

The 4-H program is comprised of 33 groups involving and thriving under the leadership of countless volunteers. Over 100 active Master Gardeners are involved in educational horticultural programs benefiting our residents along with 25 volunteers of the handwashing team.

Members of the handwashing team teach skills to third- and fourth-graders; this is a joint project with the Madison and St. Clair County Health Departments.

This year over 250 volunteers have assisted the extension service in fundraising efforts. The list of extension volunteers goes on, with individuals giving their time and talents to

share with others to better our counties.

Thanks to everyone who helps with our youth, families and communities. Even though extension volunteers are appreciated throughout the year, this is the time to praise them in exceptional ways. If you know one of the Madison/St. Clair Unit Extension volunteers, be sure to thank them for the work they do for the betterment of our citizens.

The work of these volunteers is continuous. Everyday a volunteers is reaching out to lend a helping hand. They give of themselves and their time because they care about people of Madison and St. Clair counties. The staff at the extension service salutes the many volunteers who assist through committees, council, special events school enrichment, 4-H shows, and more.

Lake Elementary School offers family night party

Lake Elementary School will be sponsoring Family Night at McDonald's on April 30. This special event will be held at the McDonald's on Johnson Road from 5 to 7 p.m.

A portion of the sales during the started time will be

returned to the Lake School RIF Program. RIF stands for Reading Is Fundamental, a program that provides students at Lake School with three or four books per year for their personal library. Tom Haefner is the coordinator of

the program. He is assisted by parent volunteer, Mary Murphy, and a group of other interested parents. When making your purchase at McDonald's on April 30, please mention Lake School. All involved appreciate your support.

Body found near canal

A body was found Monday evening just south of the Old Chain of Rocks Bridge near the bypass canal.

The Madison County Sheriff's Department identified the body as that of Paul E. Stell, 40, of 20 Bel-Vista in Lebanon.

He was found fully clothed except for shoes.

Stell was last seen by a family member April 3 at his residence. He was reported missing to the St. Clair County Sheriff's Office on April 6.

As of Journal press time, the exact cause of death was not known. An autopsy was scheduled for Tuesday morning.

Anyone having any information relating to Stell's activities the evening of April 3 or the early morning hours of April 4 is asked to immediately call the Madison County Sheriff's Department at 692-0871 for detectives, 692-1140 for the 24-hour anonymous tip line, or 692-4433 for the 24-hour number.

— Scott Kelly

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Jim DeVore of Illinois Power (left) Junior Achievement board member, presents a \$6,000 check to Joe Juneau, Junior Achievement board chairman.

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NEWS



Donations

Above, Nancy Colby, first-junior vice president of the Department of Illinois for the Disabled American Veterans Auxiliary and commander of the Granite City Unit, presents Butch Wojtowicz of Christmas in April with \$500 raised from Bingo. At right, Nelson King of the Pontoon Beach Lions Club presents Wojtowicz with \$1,000 for a Christmas in April house sponsorship.

Staff photos by JOHN FRESE



Christmas IN APRIL

Online Library now offering Internet access

By Scott Kelly
Staff writer

Granite City Public Library District is getting wired. To celebrate National Library Week this week, the library is introducing public Internet access at the main and branch libraries.

As of Monday, two computers in the adult department of the main library, 2001 Delmar Ave., had Internet access, and one computer at the branch, 2145 Johnson, gained access on Tuesday.

"Reading is still the most basic skill in an information society," said Lester McKiernan, director of the library district. "But it's no longer enough. Adults and kids today must learn how to navigate the information superhighway."

The American Library Association has set a goal of having every public, school and college library online by 2000.

Families with incomes of \$50,000 a year are more likely to have a computer, McKiernan said. As librarians, those in Granite City are want all children and adults to have access to new technology.

McKiernan said libraries are a great democratic institution and also a bargain, because they are paid for with less than one percent of tax dollars and are used by more than two-thirds of the population.

Staff will be available this week to help patrons with the Internet. Also, library staff will offer instruction on the automated catalog and electronic periodical databases.

Internet access will be available at both libraries for patrons who have a valid Granite City Public Library district card and follow the rules for Internet usage. Patrons under age 18 must have a parent or legal guardian sign a form acknowledging responsibility.

Use is on a first-come, first-served basis for periods of one hour at a time, with an additional hour if no other patrons are waiting. For more information, call the main library at 452-6238 or the branch library at 452-6244.

Airport lands 1st business

By Mark Hodapp
Staff writer

MidAmerica Airport has landed its first business. Langa Air, an aircraft refueling and maintenance company based out of St. Louis, has set up a satellite office in MidAmerica's terminal, company president Irv Langa said Monday.

Langa said he plans to expand the business at MidAmerica as the airport grows. He also plans to build a hangar there.

"But that's going to be down the line," he said. "That will probably take place sometime next year."

Langa said he initially plans to fuel airplanes and do limited maintenance of small planes at MidAmerica. He already has one fuel truck stationed at MidAmerica.

"We've been looking and trying to expand our operations," he said.

He said he first approached St. Clair County officials about expanding to MidAmerica one year ago. He is confident those leaders, whom he called "aggressive," will make the airport a success.

Langa has about 25 full-time employees, including two at MidAmerica. He said he believes it's just a matter of time when the first airline decides to come there.

"I think as soon as one airline comes, you will see a domino effect," he said.

Langa said he's also working with a group of investors to expand his operations at St. Louis Regional Airport. The region currently has a shortage in hangar space, he said.

"I enjoyed flying and decided to make a career out of it," he said.

City stickers are now available

City stickers are available at the city clerk's office at Granite City city hall until May 15. The costs are \$5 for cars, \$10 for trucks and \$3 for motorcycles. After May 15, the price for each sticker doubles. The city clerk's office is open 9 a.m. to 5 p.m. Monday through Friday.

Summer school slated

By Scott Cousins
Staff writer

A summer school program for K-12 graders who are lagging behind their classmates and an enrichment program that will pair high school and elementary grade students are on tap in the Madison School District.

District officials are putting finishing touches on this year's summer school program, which will be free of charge. The district is offering a K-12 program. The program is geared toward helping students catch up to classmates.

"Teachers are going to identify the students who would benefit most by an additional extended year," Superintendent Gary Allison said. "Summer school will be about 3½ hours a day for 20 days in June."

Allison said the elementary

MADISON SCHOOLS

summer school will emphasize language arts program. "We think it's very important to build strength in language arts," he said.

While elementary school students are attending summer school, their parents can enroll in a behavior intervention parenting program through Chestnut Health Services.

"It would be at the same time that the student is there, but it will only be for four days, so we're offering four four-day sessions," Allison said. "We would like at least 8 parents to participate in each session."

At the high school level, Allison said the district is offering math and language classes. Classes will be offered for freshman-sophomore and

junior-senior levels. "It's to encourage students to continue their education rather than drop out because they are behind," he said.

If space permits, other students can take the course as a noncredit summer tutoring program.

The summer school program is being underwritten by state and federal grants. A state grant is also paying for the district's intergenerational enrichment program.

The program will place selected high school students to serve as mentors for elementary school students. "All the students get together once per week to work on an hour-long lesson plan that has been developed," Allison said. "When that is done, they go do something enriching."

Allison said the district did a similar program several years ago with Big Brothers/Big Sisters.

The new program will be coordinated by the school, and use district personnel. They will have approximately 10 sessions from June through August.

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OBITUARIES

Prentiss Jackson
PRENTISS WAYNE JACKSON, 19, of Brooklyn, died Friday, April 17, in East St. Louis. He was a native of Centerville.

Survivors include his mother, Mrs. Forestine Jackson Jones of Brooklyn; his father, James Jackson, Jr., of Brooklyn; his grandmother, Bernice Walton; one brother, Jamal Jackson of Brooklyn; two step-sisters, and a step-brother, Leroy Jones Jr. and Aaron Jones, both of Brooklyn.

Visitation will be from 4 to 9 p.m. today, April 22, at Officer Funeral Home in East St. Louis. Services will be Thursday, April 23, at the Morning Star Missionary Baptist Church in Brooklyn with the Rev. Frank Glover officiating. Interment will follow in the Sunset Gardens of Memory Cemetery in Millstadt.

Officer Funeral Home Metro East Chapel in East St. Louis handled the arrangements.

E. June Mercer
E. JUNE MERCER, 60, of Granite City died at 5:55 a.m. April 19, 1998, in Gerald, Mo.

Mrs. Mercer was born June 28, 1937, in Granite City. She was employed by Granite City School District as a bookkeeper, and a member of the First Assembly of God in Granite City.

Survivors include her two daughters, Shari Schaffer of Gerald, Mo., and Ladon Van of Largo, Fla.; four sisters, Bernice Mercer, Ruth Kaminski, Faye Mercer, and Vineta Smallie all of Granite City; four brothers, Maynard Mercer, Watson Mercer, Glen Mercer all of Granite City, and Rev. Randolph Mercer of Fairview, and four grandchildren.

She was preceded in death by her parents, Carl and Vineta Mercer; one sister, Virginia Stambough.

Services were Tuesday, April 21, at First Assembly of God, with the Rev. Darin Hughes officiating. Burial was in Sunset Hill Memorial Estates.

Memorials may be made to the First Assembly of God.

Alice Randall
ALICE M. (SILVANO) RANDALL, 67, of Granite City died April 19, 1998, at Barnes-Jewish South Campus.

Mrs. Randall was born June 24, 1930, in Granite City. She was a member of the Grace Baptist Church.

Survivors include her daughter, Patricia Wad of Alameda, Calif.; two sons, Michael Randall of Albany, N.Y., and Dennis Randall of Granite City; one brother, John Signaio of New Jersey; two sisters, Mary Simon and Ella Mae Bellinger both of Granite City; nine grandchildren; and one great-grandchild.

She was preceded in death by her husband, Robert Randall Sr.; her parents, Charles and Ella (Bellinger) Signaio; one son, Robert Randall Jr.; and one sister, Shirley Holston.

Services will be 11 a.m. today, April 22, at Grace Baptist Church in Granite City, with the Rev. John Gambin officiating. Burial will be in Sunset Hills Memorial Estates in Glen Carbon.

Memorials may be made to the American Cancer Society. Irwin Chapel handled the arrangements.

William Gray Sr.
WILLIAM "BILL" GRAY SR., 70, of Granite City died at 6:40 a.m. April 19, 1998, at his residence.

Mr. Gray was born Dec. 22, 1927, in East St. Louis. He was retired from Granite City Steel as an engineer, a U.S. Army Korean War veteran, and a member of the Protestant faith.

Survivors include his wife, Kathryn (Burk) Gray; three sons, Terry Cleaver of Granite City, Vernon Gray of Pasadena, Texas, and William Gray Jr. of New Orleans, La.; three daughters, Carol Wall, Lucila Justice, and Nancy Gray all of Granite City; one brother, George Gray of Herber Springs, Ark.; 18 grandchildren; and 13 great-grandchildren.

He was preceded in death by his parents, George and Martha (Fricke) Gray.

Services will be 10 a.m. Thursday, April 23, at Werner Chapel in Granite City with the Rev. Alan Redford officiating. Burial will be at Lakeview Memorial Gardens.

Brianna Hopkins
BRIANNA M. HOPKINS, an infant, of Abilene, Texas, died April 17, 1998.

Survivors include her parents, John and Shannon Hopkins; mater-

nal grandparents, Denise and Harry Duddy Jr. of Phoenix, Ariz.; grandparents, Mike and Pat (Lottia) Fultz of Granite City; maternal grandparents, Bernice and Willie Swain of Joyce and Harry Dudley Sr. all of Tucson, Ariz.; paternal grandparents, Mary Fultz of O'Fallon.

Services are pending at Elliott-Hamill Funeral Home.

Memorials may be made to the Air Force Aid Society.

Frances Barr-Clark
FRANCES BARR-CLARK, 59, of Mitchell died at 2:20 p.m. Sunday, April 19, 1998, at her residence. She was born Nov. 3, 1938, in Doniphan, Mo.

Mrs. Clark was a homemaker and a member of St. Frances in Belleville.

Survivors include her son, Larry Barr of Virginia Beach, Va.; two daughters, Brenda Malherk of Mitchell and Nancy Torres of El Paso, Texas; her mother, Evelyn (Parish) Slayton of Granite City; two brothers, John Slayton of Venedy and Jim Slayton of Granite City; one sister, Clarice Tyler of Collinsville; seven grandchildren, Daniel Bangas, Billy Malherk, Brian Malherk, Sherry Ballistero, Bobbie Bangas and Terry Tyler; and five great-grandchildren.

She was preceded in death by her father, Luther Slayton; one daughter, Molly Tyler; and one grandson, Duane Severs.

Services will be at 10 a.m. today, April 22, at Werner Chapel in Granite City, with the Rev. Frances Tabangung officiating. Burial will be in Sunset Hills Cemetery.

James Laird Sr.

JAMES WILLIAM "BILL" LAIRD SR., 70, of Granite City died at 5:47 a.m. Saturday, April 18, 1998, at St. Elizabeth Medical Center. He was born Dec. 28, 1927, in Granite City.

Mr. Laird retired from maintenance supervision at Granite City Steel.

Survivors include his wife, Virginia (Dettwiler) Laird; one daughter, Judy Senecyn of Granite City; two sons, James Laird Jr. of Beaverton, Ore., and Scott Laird of Carlyle; one brother, Norman Laird of Troy; several grandchildren, Michelle Senecyn and Tom Senecyn Jr., both of Granite City, and Gail Laird and Jessie Laird, both of Beaverton, Ore.; and one great-grandchild, Billy Senecyn of Granite City.

He was preceded in death by his parents, James and Emma (Huelsman) Laird.

Services were Monday, April 20, at Irwin Chapel in Granite City, with the Rev. David Fladdig officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials may be made to the Hope Lutheran Church.

Herman Smith

HERMAN A. SMITH, 88, of Edwardsville died at 12:55 p.m. Friday, April 17, 1998, at Eden Village Care Center in Glen Carbon. He was born March 20, 1910, in Grandin, Mo.

Mr. Smith retired from General Steel Industries in Granite City and was a member of the International Brotherhood of Teamsters and a U.S. Army veteran, having served in World War II.

Survivors include his wife, Bessie (Barnstable) Smith; one son, Albert Smith of Fairview Heights; two daughters, Margaret Denning of Edwardsville and Rosemary Schwieper of Gettysburg, Md.; three brothers, Cleo Smith of Caseyville, Leo Smith of Collinsville and Charles Smith of Madison; one sister, Envy Tyler of Edwardsville; eight grandchildren; and one great-grandchild.

He was preceded in death by his parents, John and Estella (Benson) Smith; his stepmother, Rosie Mae Smith; four brothers; and three sisters.

There will be no services. Cremation followed the visitation.

Weber Funeral Home handled the arrangements.

Frank Onesky Sr.

FRANK ONESKY SR., 93, of Edwardsville died at 4:42 p.m. Friday, April 17, 1998, at Madison County Care Center. He was born May 19, 1904, in Hallsville, Okla.

Mr. Onesky retired from Granite City Steel as a blacksmith and was a member of the Brotherhood of Blacksmiths and St. Mary's Catholic Church.

Survivors include his two sons, Frank Onesky of Glen Carbon and John Onesky of Collinsville; two grandchildren; and three great-grandchildren.

He was preceded in death by his wife, Agnes (Seveda) Onesky; one brother, Andrew Onesky; and one sister, Ann Onesky.

Services were Tuesday, April 21, at St. Mary's Catholic Church in Madison, with the Rev. Jim Keefe officiating. Burial was in Calvary Cemetery in Glen Carbon.

Memorials may be made to St. Mary's Building Fund.

Thomas Memorial Mortuary handled the arrangements.

Lee Rives

LEE C. RIVES, 32, of Caseyville died Saturday, April 18, 1998, at his residence.

Mr. Rives was born Aug. 2, 1965, in East St. Louis.

Survivors include his mother, Georgia Ferguson of Caseyville; his step-father, Gerald Ferguson of Caseyville; four brothers, Mark Rives of Belleville, Robert Rives of Mascoutah, Dwayne Rives of St. Louis, and Jerry Ferguson of Pontoon Beach; five sisters, Christine Rives of Collinsville, Zella Rives of Rockford, Robin Vesco of Collinsville, Vickie Wegryn of Pontoon Beach, and Cindy Ferguson of Pontoon Beach; and grandparents, Monroe and Kathryn Kathryn Johnson of Mascoutah.

Services were Tuesday, April 21, at Herr Funeral Home in Caseyville.

Memorials may be made to the Donors Choice.

Marcella Tucker
MARCELLA B. (BOYER) TUCKER, 76, of Granite City died Friday, April 17, at St. Mary's Health Center in Richmond Heights, Mo.

Survivors include her husband, Earl Tucker of Granite City, whom she married Sept. 5, 1941; her son, John Tucker of Hermitage, Tenn.; her daughters, Sheila Stockton of Granite City and Paula Roberts of Glen Carbon; her brother, Bernard Boyer of Arizona; her sisters, Martha Ferris and Redella Coleman, both of Missouri; six grandchildren and two great-grandchildren.

She was preceded in death by one son, James Tucker, and three brothers, Robert, Theodore and Edgar Boyer.

Visitation is from 4 to 8 p.m. Sunday, April 22, at Holy Family Catholic Church with the Rev. Bill Fisher officiating. Burial will follow in Sunset Hill Memorial Estates in Glen Carbon.

Services will be at 9 a.m. Tuesday, April 22, at Holy Family Catholic Church with the Rev. Bill Fisher officiating. Burial will follow in Sunset Hill Memorial Estates in Glen Carbon.

(See DEATHS, Page 9A)

Gambling donations increase

Political contributions from the gambling industry have increased seven-fold over the last three election cycles and threaten to overwhelm governmental decision making, a University of Illinois expert writes in a just-published academic article.

In "Follow the Money: Gambling, Ethics and Subpoenas," John W. Kindt, professor of commerce and legal policy at the U of I, analyzed data on contributions by gambling interests in federal elections. His results were published in The Annals of the American Academy of Political and Social Science last month.

Kindt reported that gambling interests increased its contributions to \$5.4 million in the 1995-96 federal election cycle, including \$3.7 million in soft money donations.

Soft money goes to political action committees rather than to specific candidates. The gambling industry funneled \$1.6 million in soft money in the 1993-94 federal election cycle and \$457,600 in the 1991-92 election cycle.

Over the same 1991-96 period, according to Kindt, more than \$100 million in contributions were made to campaigns on the state level, where legislatures have the power to legalize or expand gambling.

Kindt has written extensively about the gambling industry and has testified before various legislative bodies.

"The research documents that casino operators have become one of the most powerful lobbying forces in many parts of the country," Kindt said. "Only in New Jersey, however, are there ethics rules that regulate contributions by gambling interests to politicians and their campaigns."

"Otherwise there are no meaningful safeguards regarding the industry's influence in the political arena," Kindt said. "This is especially worrisome from a policy standpoint because legalized gambling can be approved or expanded in most states without the consent of voters."

Analyzing data from the Federal Election Committee and the Center for Responsive Politics, Kindt reported that commercial gambling and casino companies tend to favor Republicans, while American Indian tribes contribute almost exclusively to Democrats.

Overall, commercial gambling contributed \$1.5 million to Republicans in the 1995-96 federal election cycle, while tribal interests contributed \$1.2 million to Democrats. Major contributors included the Mashantucket Pequot Nation, Mirage Resorts, Trump Casino Resorts and Circus Circus Enterprises.

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NEWS



Law and order

Belleville Area College recently held a graduation for its Police Academy. Eugene J. Wilkinson II, left, receives his graduation certificate from Kenneth Joseph, a BAC board member. Wilkinson serves with the Pontoon Beach Police Department.

Union challenges board over decision

By Nicole Vaughn
Staff writer

Union members hit the Madison County Board with a labor relations violation Friday morning, faulting the board for not sitting down with employees of the Madison County Nursing Home and Madison County Sheltered Care Home.

Negotiating with members of AFSCME Local 799 was one part of a resolution voted down 15-13 by the board during its meeting Wednesday.

The resolution called for spending up to \$50,000 to hire a consultant to study non-tax generated means of funding a new combined county care center.

"They would not sit down and negotiate with us over the closing (of the homes)," said Pat Carter, Local 799 president. "There's a lot of people to consider in all this, especially the residents."

Between the two homes, there are 165 residents. Carter said the two homes have 134 union employees, not including management.

"You've got a lot of people who are looking at losing their jobs and families who have to find somewhere to put their loved ones," Carter said. "It's kind of sad. We're trying to sit down and negotiate with the County Board and they apparently don't want that to happen."

During Wednesday's meeting, board members questioned whether it would be legal to close the homes without negotiating with employees. State's Attorney William Haine said it would.

"It's not against the law (for the board) to exercise its legal discretion to close the homes without negotiating... That decision cannot be fettered by a bargaining agreement," Haine said.

Member Bill Little, D-Alton, chairman of the Finance Committee, tried to introduce a counter-resolution that proposed closing the homes. The measure did not make it to a vote, however, because the 15-13 vote to suspend the rules to get it on the agenda did not reach the needed two-thirds majority.

MADISON COUNTY

That resolution likely will resurface today during a special meeting set for 9:30 a.m. Little said it will be discussed in a Finance Committee meeting Tuesday. No one should be surprised by it, Little said.

"The committee had recommended the closings quite a few weeks ago," Little said. "Knowing what we lose (financially), I just don't think there's any realistic solution to keep them going."

Little said even if selling property around the nursing home gleaned more than \$1.5 million, it could not hope to raise the estimated-\$6.5 million needed to build a new home.

"It's not the homes or the service they provide that anyone is griping about but the financial situation," Little said.

Member Bob Stille, D-Edwardsville, chairman of the Health Institutions Committee and the source of the failed resolution, said that was the purpose of the effort.

"It certainly was a missed opportunity to explore some options," Stille said. "The resolution was giving everybody time to think about what will go on. Closing on Nov. 30 is something I don't think they can possibly do."

But if that is the path that is to be taken, Roger Holson said he hopes members will take it. The nursing home's administrator, Holson said the past several months have been hard on the residents, their families and the homes' employees.

"No action is almost worse than (a negative) action," Holson said. "At this point, I think everyone is hoping the County Board will hurry up and do something. I think the families have basically given up."

Holson said two residents were transferred to other facilities last week. He anticipates several other transfers, but also some problems with that process.

"There are not 400 beds available in and around this facility and I think that there is going to be great difficulty in finding spaces for all of these people," Holson said.

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Nation averages nearly 1,000 tornadoes per year

By Kimberly Haas
Staff writer

The United States experiences about 100,000 thunderstorms each year. From those thunderstorms, nearly 1,000 tornadoes develop, according to the Federal Emergency Management Agency.

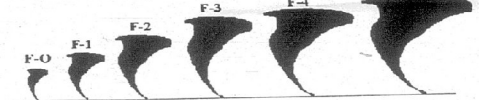
While tornadoes occur anywhere in the U.S., the most frequently hit areas are the Midwest, Southeast, and South. Alabama, Arkansas, Georgia, Indiana, Iowa, Kansas, Louisiana, Mississippi, Nebraska, Oklahoma, South Dakota, and Texas are at the greatest risk, according to FEMA.

Consequently, everyone should be prepared and take the proper precautions when a tornado warning is issued. A tornado watch is issued when a tornado is possible in your area. Red Cross Disaster Services.

When tornadoes were sighted in St. Clair County last week, warning sirens were activated by many cities.

Sue Doering, lead telecommunicator with the Fairview Heights Police Department, said the city's sirens were activated last Wednesday when a tornado warning was issued in St. Clair County. When the sirens went on, the phone calls

Fujita Tornado Scale



- F-0: 40-72 mph, chimney damage, tree branches broken
- F-1: 73-112 mph, mobile homes pushed off foundation or overturned
- F-2: 113-157 mph, considerable damage, mobile homes demolished, trees uprooted
- F-3: 158-205 mph, roofs and walls torn down, trains overturned, cars thrown
- F-4: 207-260 mph, well-constructed walls leveled
- F-5: 261-318 mph, homes lifted off foundation and carried considerable distances, autos thrown as far as 100 meters

started coming into the police department.

More than 100 phone calls were received by the department from residents, Doering said. However, before residents call the police department, Doering recommends residents turn on their television or radio to find out why the sirens have been activated.

The peak time for tornadoes is between March and June, said Doc HERSHEY, an American Meteorological Society certified meteorologist with Southern Illinois University at Carbondale.

A thunderstorm, and some-

times a hurricane, can spawn a tornado. When cool air overrides a layer of warm air, it (See TORNADOES, Page 8A)

•WOA•

(Continued from Page 1A)
Charmaine S. Chapman, community betterment; Margaret Dagen, lifetime achievement; Karen Duffy, social responsibility; Barbara Eagleton, cultural enrichment; Joan Lipic, volunteer leadership; Dr. Grace Shen Lo, international awareness; Sister Mary Jean Ryan, civic responsibility; and Denise Wright, community service.

•Drivers•

(Continued from Page 1A)

this week on the matter. If successful, the land would be used for a 17,000-car parking lot.

In the meantime, Wickham said track workers were still working on parking, and arrangements would be similar to last year's.

He said more information on the parking situation would be made available closer to race day.

Cemetary association sets meeting

The Oaklawn Cemetery Association will hold its annual business at 2 p.m. April 25, at the Glen Carbon Village Hall Community Room.

The entrance is at the rear of the village hall. For more information call 288-9282.

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WINGS volunteers honored

Radio personality Wendy Wiese of KTRS brought laughter and tribute to the fund-raising volunteers of St. Elizabeth Medical Center during the recent WINGS Donor Recognition event held at the medical center.

The annual fund-raising campaign, WINGS (We're Investing in New Growth at St. Elizabeth) was led by chairman Bob Lombardi and involved over 125 community volunteers.

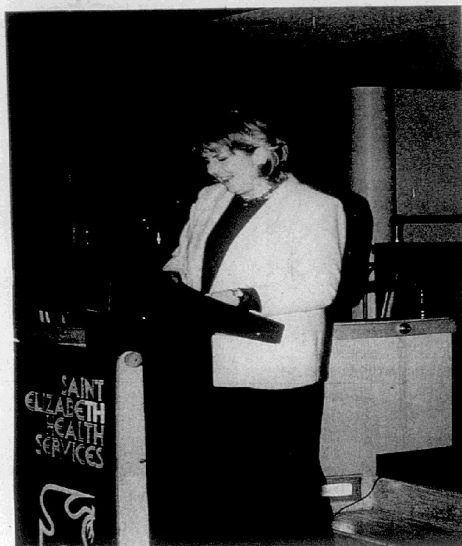
During the evening, Lombardi reflected on a successful campaign. Through his leadership, the 1997 campaign exceeded its goal and raised more than \$174,000 for the medical center's Koch Family Health Center. Among many health care services, The Koch Center provides primary health care to area residents who cannot afford private physicians.

The annual recognition event brought the 1997 campaign to a close and introduced the 1998 campaign co-chairs, Granite

City business-owners, Don Andrews and Loren Davis. Ted Ellerman, medical center president and CEO, praised campaign donors and volunteers. Karen Baum, Certified Nurse-midwife at the Koch Family Health Center, explained the benefits of the new midwifery program for low-income mothers.

The WINGS campaign benefits from individual and corporate contributions in addition to fund-raising events, such as a chicken dinner dance, which was sponsored by Madison Mayor John Hamm, and the campaign's first golf tournament.

The 1998 campaign begins later this month with a kick-off luncheon. For more information about contributing to the WINGS campaign, call John Mohl, St. Elizabeth Medical Center community relations director, at 788-3309.



KTRS radio personality Wendy Wiese speaks at the recent WINGS Donor Recognition event.

Earth Day events scheduled for today

By Kimberly Haas
Staff writer

St. Clair County will recognize those who helped reach and exceed the state's recycling goals today during annual Earth Day ceremonies. Twenty-one communities, townships, businesses, schools, and organizations will be recognized at the awards ceremony at 10 a.m. today in front of the St. Clair County courthouse in Belleville.

Since 1991, St. Clair County has diverted enough materials from the landfill to fill Busch Stadium two-and-one-half times, according to the health department. Currently, St. Clair County landfills receive enough trash from the entire region to fill Busch Stadium in just one month.

The Pollution Prevention Partnership is one group which is working to reduce the amount of materials entering landfills. The partnership works in cooperation with the St. Clair County Health Department. The group is comprised of 140 members of local businesses, groups, boards, and city governments.

Those 1998 award winners to be recognized today include:

- Community Recycling:
 - ✓ Certificate of Recognition — Belleville Recycling Inc.
 - ✓ Certificate of Appreciation — Freeburg Township residents, city of Millstadt Public Works Department, Millstadt Township, Riverbend Textiles Inc., and Scott Air Force Base
- Organization Recycling:
 - ✓ Certificate of Recognition — New Spirit
 - ✓ Certificate of Appreciation — Farmers and Friends 4H Club, Memorial Hospital, and Greenspace
- Business Waste Reduction:
 - ✓ Certificate of Recognition — Scott Air Force Base
 - ✓ Certificate of Appreciation — Ethyl Petroleum Additives Inc.
- School Environmental Excellence:
 - ✓ Certificate of Recognition — St. Augustine School
 - ✓ Certificate of Appreciation — St. Mary School and Safe School
- School Paper Recycling Highest Total Received:
 - ✓ Certificate of Recognition — Belleville Area College and O'Fallon Township High School
- School Paper Recycling Highest Per Student:
 - ✓ Certificate of Recognition — Holy Rosary School
 - ✓ Certificate of Appreciation — St. Mary School and Pontiac Junior High School.

Living wills discussion set for April 30

St. Elizabeth's Hospital in Belleville will present a free community program titled "Living Wills, Why Everyone Should Have One," at 7 p.m. April 30 in the Centennial Room.

Presenters will be Dr. Joseph Prosser, medical director of St. Elizabeth's Hospital, and hospital attorney Michael Nester of Donovan, Rose, Nester and Szwedzyk, P.C. In the 1950s, with the development of technological advances that allowed the process of dying to be prolonged, a great concern for end-of-life decisions came to the forefront of medical ethics. As a result, legal means were devised by which individuals could indicate ahead of time the medical treatments they would want if they became incompetent. The courts demanded that there be clear and convincing evidence to support the patient's request.

National Volunteer Week: April 19-25

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Christina Sowell
Angie Turner
Jessica Ussery
Erica Vanhuss
Nicole Varner
Jennifer Vonnda
Emily Whitehead
Kimberly Williams
Amy Wilson

SAINT
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HEALTH
SERVICES



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BUSINESS

Despite low inflation, keep possibility in mind

In today's economy, the runaway inflation of the 1970s and early 1980s seems like a distant memory. But prudent investors always keep inflation in mind.

What's so bad about inflation? For one, it erodes the buying power of a dollar (see chart). For example, even with a relatively low inflation rate such as 3.5 percent, the dollar's value would decline by 50 percent in 20 years. This decrease in buying power creates unusual hardships for people living on fixed incomes. While prices rise, their income doesn't.

The good news is that today's world is different from that of the '70s and '80s, and therefore inflation as we know it may no longer be the threat



Jeff Prosser

it once was.

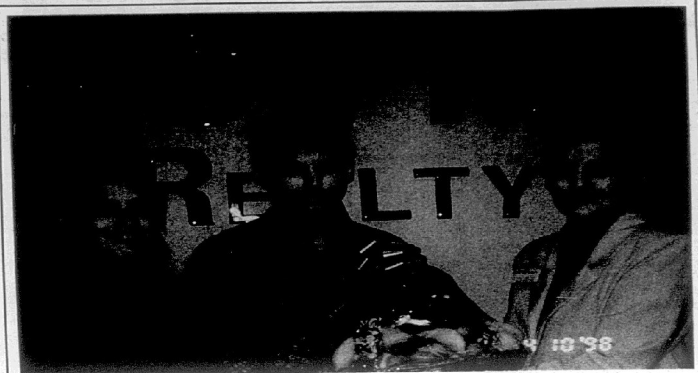
For one thing, today's economy is more globalized. Our forced competition with foreign markets creates a built-in incentive to keep consumer prices down.

In addition, some analysts believe that advanced technology has reduced the cost of doing business. Often, modern methods of production mean

fewer employees and increased efficiency. The downsizing of many companies illustrates this. While it may temporarily affect workers and benefits, it is cost-effective.

Finally, receding deficits in the world's major economies may be positive signs for continued low inflation.

Still, inflation is a bad word for investors. You can bet that analysts and portfolio managers will continue to watch interest rates (observe the stock market's reaction whenever Federal Reserve Chairman Alan Greenspan speaks.) Even though today's outlook appears positive, inflation should always be a consideration in building a successful portfolio.



Winners

Christina and Jack Wilson, left, are the winners of the Easter basket during a recent drawing held by CVM Realty, presented by Vicki Walton, CVM sales associate.

Storm victims warned by BBB

Victims of recent storms should beware of unscrupulous individuals who follow in the wake of any disaster, the Better Business Bureau has warned.

Victims are urged to receive people claiming to be contractors, government representatives, inspectors or insurance adjusters to produce proper identification.

Take whatever action is nec-

essary to protect your property from further damage as required by your insurance company before dealing with unknown contractors going door-to-door in damaged areas. Work done by such individuals is usually shoddy and expensive. When problems occur, the consumer has no way to locate the person who did the work in order to voice a complaint, much less have the

problem remedied. Severe storms and flooding across the country will result in many damaged vehicles from which unethical dealers may make a profit. Look under the dash, in the glove compartment and on inside door panels for signs of flooding. In many cases, a well-defined line will indicate how high the water rose on a vehicle. Also look for signs of hail damage.

While the problems of the storm victims are real and the public's desire to help is sincere, a solicitor asking for money may not be. Do not be pressured into making a donation on the spot. The organization that wants your money today will welcome it just as much after you have checked with the Bureau. If you are a victim and have homeowners insurance, be sure to check the extent of your coverage, as well as the possibility of state or federal aid for those living in declared disaster areas.

Before doing business with transient workers, such as tree removal, siding or roofing contractors, (See VICTIMS, Page 6A)

Clinical Research Associates of Edwardsville

Is in need of volunteer, ages 18 or over, with Bipolar Disorder who are currently depressed but who have a history of mania or hypomania to participate in a research study comparing an investigational drug with a placebo for this disorder. Symptoms include:

- | | |
|---|---|
| <p>DEPRESSION</p> <ul style="list-style-type: none"> • Blue Spells, Crying Spells • Loss Of Interest & Pleasure • Fatigue • Difficulty Concentrating, Indecisiveness • Appetite Or Weight Changes • Loss Of Interest In Sex • Feeling Of Guilt Or Worthlessness • Thoughts Of Death Or Suicide | <p>MANIA/HYPOMANIA</p> <ul style="list-style-type: none"> • Elevated, Expansive Or Irritable Mood • Inflated Self-esteem, Grandiosity • Increased Need For Sleep • Excessive Or Pressured Talking • Racing Thoughts • Distractibility • Increased Activity, Agitation • Bad Judgment |
|---|---|

Suitable volunteers will receive a study related medical and psychiatric evaluation and study drug from a psychiatrist free of charge. If you or someone you know would like to be considered for a study please call (618) 659-0292.

Clinical Research Associates
1121 University Drive
Edwardsville, Illinois 62025
(618) 659-0292

Lynn A. Cunningham, M.D.
Director of Clinical Research

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Mar 18-19-20
Mar 25-26-27
Mar 28-Apr 1-2
Apr 5-6-7
Apr 12-13-14
Apr 18-19-20
Apr 25-26-27
Apr 28-May 1-2
May 5-6-7
May 12-13-14
May 18-19-20
May 25-26-27
May 28-Jun 1-2
Jun 5-6-7
Jun 12-13-14
Jun 18-19-20
Jun 25-26-27
Jun 28-Jul 1-2
Jul 5-6-7
Jul 12-13-14
Jul 18-19-20
Jul 25-26-27
Jul 28-Aug 1-2
Aug 5-6-7
Aug 12-13-14
Aug 18-19-20
Aug 25-26-27
Aug 28-Sep 1-2
Sep 5-6-7
Sep 12-13-14
Sep 18-19-20
Sep 25-26-27
Sep 28-Oct 1-2
Oct 5-6-7
Oct 12-13-14
Oct 18-19-20
Oct 25-26-27
Oct 28-Nov 1-2
Nov 5-6-7
Nov 12-13-14
Nov 18-19-20
Nov 25-26-27
Nov 28-Dec 1-2
Dec

•Tornadoes— Planning could help if tornado strikes

(Continued from Page 5A)

forces the warm air to rise rapidly. Added moisture and a high dew point level, along with the jet stream moving about twice its normal speed, are conditions favorable to tornadoes, Horsley said.

As the faster moving cold air descends on the slower moving warm air, a horizontal tube begins to form in the center to fill the void. The tube begins rotating as a wind shear, Horsley said.

The tube is eventually turned, rotating straight up and down into the thunderstorm. As the cyclone becomes tighter, it punches out the tops of the clouds as the vortex swiftly moves toward the ground, Horsley said.

Each of the steps have to occur (for a tornado), he said. Those cyclones rotating above the ground are funnels, Horsley said. When it touches the ground, it becomes a tornado.

In the 1960s, the Fujita Tornado Scale was established, Horsley said. The scale is based upon the damage created by the tornado, he said.

According to the scale, an F-0 has winds between 40-72 mph, causing chimney damage and broken tree limbs. An F-1 has winds between 73-112 mph, causing surface destruction and mobile homes to be pushed off their foundations or overturned.

An F-2 has winds between 113-157 mph, causing considerable damage, including mobile homes being demolished and trees uprooted. An F-3 has winds between 158-209, causing roofs and walls to be blown down, trains to be overturned, and cars to be thrown.

An F-4 has winds between 210-260 mph, causing between 60-80 percent damage to the surface of the land. An F-5 has winds between 261-318 mph, causing homes to be lifted off their foundation and carried considerable distances with throwing automobiles as far as 100 meters.

•Drive—

(Continued from Page 1A)

broke at least 65 million pounds, (nationally), Elliff said. "After five years we're doing (locally) close to 60,000 pounds of food."

The local carriers have experienced on average a 10 percent growth in the amount taken in each year, he said. The carriers don't do it alone, of course. The Greater Madison County Federation of Labor lends a hand, and retired carriers, postal supervisors and local food banks all pitch in.

Carriers and helpers pick up the food while on their regular routes, and the food is taken back to the post office, where it is evenly divided up, depending on how many food banks are involved. Last year, there were six.

The people in this area have been thoughtful in past years in donating food.

"They don't just put out cans of what they don't want... they'll go shop and leave a full bag for us," Elliff said. "If they can't put out food, they send checks to the locals, and we send them to food banks."

All local food banks wanting to participate should call Mike Elliff or Chris Glass at the Granite City Post Office at 877-0700 Monday through Saturday. Arrangements should be made as soon as possible.

All residents wanting to participate may leave a food contribution by their mail box to be picked up by their carrier. They may also drop off the food at the post office or send it with their children to school during the week of May 4-8.

A week before the collection date, more information will be mailed out courtesy of Campbell's. That will be residents' signal to prepare their donations.

General Steel reunion slated

Former employees of "Commonwealth Plant, General Steel Industries Corp." have scheduled a get-together from 8 a.m. to 11 a.m. Saturday, May 2, at the Granite City Township Hall, 2060 Delmar Avenue in Granite City. Any one interested in attending or obtaining additional information, may call 931-1226 or 656-7946.

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By Kimberly Haas
Staff writer

Preparing a plan and assembling a disaster supplies kit could help if a tornado hits the metropolitan area.

According to the American Red Cross Disaster Services, a home tornado plan should include a designation for family members to meet if a tornado is spotted. The location could include a basement, a center hallway, bathroom, or closet on the lowest floor.

The Red Cross also recommends periodically practicing your tornado drills, reminding family members what steps to take in an emergency.

A disaster supplies kit should

include:

- a first aid kit and medications
 - battery-powered radio to check on the weather conditions
 - a flashlight and extra batteries
 - canned food and a can opener
 - bottled water with at least one gallon of water per person per day to last at least three days
 - sturdy shoes and work gloves
 - written instructions on how to turn off the building's utilities.
- Following a tornado, residents should stay away from fallen power lines.

•Robbery

(Continued from Page 1A)

the car and stuck a gun in the victim's face.

As the victim backed away, Williams then allegedly hit him, knocking the victim to the ground.

The three continued to beat him, then searched the victim and took \$300 in cash and his pager.

In other police news, a 17-year-old Madison resident may be facing federal weapon charges. According to police reports, on Thursday, U.S. Marshals spotted several men allegedly "smoking dope" in the Grenzer Homes area.

Police said that U.S. Marshals out of the East St. Louis office have been spending more time in the Madison-Venice area in the past few months.

According to police, the marshals stopped a 17-year-old, who allegedly attempted to throw away several off-white chips of suspected crack cocaine.

The youth agreed to allow the marshals, aided by Madison police officers, to search his apartment.

Under the youth's bed, the marshals found two semi-automatic handguns. One a Ruger, was reported stolen. The second hand gun, a 25 caliber Raven, had the serial number filed off.

The youth was released pending federal indictment on the weapons charge; the guns were confiscated.

•Victims

(Continued from Page 7A)

tractors, ask for a name, address and telephone number. Check the truck, which should have a name painted on the side, and a license plate to determine if it is current and in what state it was issued.

Extreme amounts of rain also generate numerous inquiries on basement waterproofing companies. After getting more than one estimate, compare the cost of the work to be done, the quality of materials to be used and the cost of financing the work.

Be sure to carefully read and understand the contract, and do not sign a completion form until you are totally satisfied with the job.

If a company is offering a guarantee, verify how long the firm has been in business. A guarantee is only as good as the firm which backs it.

Storm victims are urged to contact the Better Business Bureau at (314) 646-3300 before doing business with a firm.

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A view of Nameoki Village shopping center along Nameoki Road.

Staff photo by JOHN FRESE

•Nameoki

(Continued from Page 1A)

leaves "something to be desired," Hewlett said.

Joe Hassler, co-chair of the commercial quality committee (along with Jack Dempsey), said after a series of meetings the committee came to three main areas of concern: traffic congestion, overall appearance of the center and drainage.

For the purposes of Solid Granite, for the Nameoki Village area the group will examine everything from Madison Avenue to Pontoon Road, Hassler said.

The property owners decided to donate money for a study," Hassler said. Solid Granite has heard many owners wouldn't go for such a study, but "they're all in it," he said.

A St. Louis company has been commissioned to perform the traffic study. The city did not have traffic information available, Hassler said, because Nameoki Village is private property.

Next, the committee will

Solid Granite sets objectives

Solid Granite's redevelopment objectives are:

- Image enhancement — Recreate Granite City into the cleanest industrial city in America.
- Entryway improvements — Redesign Granite City's entry corridors to be the most attractive in the Midwest.
- Residential quality — Create new residential neighborhoods while removing all blighted neighborhoods in the city.
- Transportation viability — Ensure that MetroLink serves the residents of the city, even though a MetroLink ballot initiative was defeated in November 1997.
- Tourism — Provide festivals, museums, recreation, tours and hospitality areas for tourism.
- Commercial quality — Redevelop commercial districts, downtown and Nameoki Village into quality investment areas.
- Industrial quality — Redevelop all industrial districts and brownfields into quality environmental areas.

address the overall appearance of the shopping center, and then drainage problems of the center. On the committee is Ed Juneau, who was involved with the original drainage plans.

"We're also (going) to encourage the city to put together a tax increment financing district for Nameoki

Village," Hassler said. A TIF would divert certain tax revenues back into the district attempting to be redeveloped. Half of the commercial quality committee is also examining the downtown business district, and Hassler said the group plans to meet soon to put together a list of what needs to be done.

NEWS

Will program set for hospital

St. Elizabeth's Hospital in Belleville will present a free community program titled "Living Walls: Why Everyone Should Have One," at 7 p.m. April 30 in the Centennial Room.

Presenters will be Dr. Joseph Prosser, medical director of St. Elizabeth's Hospital, and hospital attorney Michael

Nester of Donovan, Rose, Nester and Szwedzyk, P.C.

A living wall was the first kind of legally recognized document.

Living wall kits will be available to all who attend. Due to limited seating, reservations are requested by calling 234-2120, Ext. 1575.

By Mark Hodapp
Staff writer

For area mayor secretaries, their job goes way beyond the stereotypical roles of filing and typing.

In fact, one of the duties of Maryanne Fair, the secretary for O'Fallon Mayor Gary Graham, is to sell cemetery lots.

"Two graves go for \$450, which is dirt cheap," Fair said followed by a laugh.

If the mayors, or for that matter the general public has forgotten, today is professional secretaries day.

Fair started to work for O'Fallon in June 1986. In addition to serving as Graham's secretary, she also is the secretary for Frank Miles, the city's director of administration, and assists Lisa Cole in the water department.

"It's an exciting position because you meet all kinds of different people," she said. "There is never a dull moment, because you are always busy."

When Vicki Dawe started working for Belleville in 1965, she had no clue that she would someday be the mayor's secretary.

"I went all the way from the switchboard to the mayor's secretary," Dawe said.

Dawe was employed by Belleville from 1965 to 1996, when she retired and went to work for Mark Kern at Belleville Mechanical.

After Kern was elected as Belleville's mayor last April, Dawe then re-entered the city's work force — this time as Kern's secretary.

Dawe said she takes care of

the mayor's schedule, agendas, liquor licenses — and then there's the telephone answering.

"The phones ring constantly," Dawe said. "I deal with people from presidents of companies to the homeless. Everyday is a challenge. Everyday is different."

She said the most rewarding thing about her job is having a wonderful boss.

Carleen Guthrie has been with the city of Fairview Heights for three-and-one-half years.

First, as a part-time secretary for Mayor George Lanxon and then moving into a full-time slot with the election of Mayor Gail Mitchell in 1995.

From issuing liquor licenses to local businesses to organizing monthly Mayor's Prayer Breakfasts, Guthrie's job keeps her plenty busy.

"I do a little bit of everything," she said.

Guthrie said the best part of the job is the people she deals with and, of course, her boss.

"Every day is different and I have fun at my job every day," she said. "I enjoy the people that I work with and the people that do come into (City Hall)."

Beth Krakosky said she enjoys coming to work every

day at the Swansea Government Center.

"I enjoy working with all of the residents and everyone here," she said.

For the past 18 months, Krakosky has been secretary to Swansea Village President Michael Buehlhorn.

"The job's exciting and never dull," Krakosky said. "Buehlhorn makes it really enjoyable. I couldn't be happier."

When Krakosky isn't busy with her duties as a secretary, she greets those residents coming into the government center at the front window, helping them with questions and concerns.

"It's different every day," she said.

Linda Stults, 49, has been a secretary to Cahokia Mayor Mike King since May 1991. Before her current position, she worked as a deputy clerk at the Centerville Township office.

Stults said she now performs many tasks, from payroll to dealing with the public.

"The mayor has an open-door policy," Stults said. "A

lot of people call him for his input on things."

Stults said the job is hectic, and has become even more so after the retirement of longtime mayor secretary Elva "Sis" Sopp, who now works part-time organizing the agenda for village board meetings.

Stults said she plans to stay with her present job until she retires.

"I love it," she said. "The mayor is without a doubt the best boss I've ever worked for. He is the most compassionate and fair man I've ever met."

Tina Gee, 27, has been administrative assistant to East St. Louis Mayor Gordon Bush since 1993.

Gee's long-term goal is to get a bachelor's degree in nursing. She currently attends Metropolitan Community College in East St. Louis.

Among the many aspects of the job is the phone, typing, filing, ordering supplies and hosting events held by the mayor.

"I love interacting with people," she said. "I love working on the computer and I love being able to assist people."

Gee said the job has also enabled her to meet a wide variety of famous people, from politicians to athletes to musicians.

"It has a lot of perks," Gee said.

Compiled by staff writers
Mark Hodapp, Jason White, Cheryl Moody and Kimberly Haas.

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Orchestra registers summer musicians

The Metro East Junior Orchestra is now registering musicians for its summer program.

This will be an eight-week program beginning June 1 and ending with a concert July 26. Rehearsals are held from 5:30 to 7:30 p.m. every Monday night in Orchestra Hall, 116 N. Jackson, Belleville.

The program is open to all musicians age 9 to 18. Students must be able to read music and play two octave scales.

The registration fee is \$30, with discounts available for multiple students in a family.

For information and registration forms, please call Jeri Horowitz at 394-1363 or Sharon Lindow at 277-1594.

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With A First Line Home Equity

	BALANCE	APR	AVG. MONTHLY PAYMENT
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Total	\$36,500		\$360

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Elder Michael
ELDER GRANVILLE MICHAEL, 91, of Maple Park died Sunday, April 12, 1998, at his home.

Survivors include his wife, Mattie Michael; and two brothers, Douglas Michael and Henry McCoy, plus nieces, nephews, cousins and other relatives.

Services were Saturday, April 19, at the Quinn Mission A.M.E. Church in Madison with the Rev. James J. Pimon officiating. Interment followed in the Sunset Gardens of Memory Cemetery in Millstadt.

Officer Funeral Home Metro East Chapel made the arrangements.

Rose Mary Baumeier
ROSE MARY (LE ROSE) BAUMEIER, 85, of Granite City died at 1:28 p.m. April 18, 1998, at St. Elizabeth Medical Center in Granite City.

She was born Dec. 5, 1913, in Granite City, where she lived her entire life. A member of St. Mary's Catholic Church in Madison, she retired from First National Bank in Madison in 1993 after 9 years as a teller.

Survivors include her husband, Wayne Baumeier of Granite City; her daughter, Brigitte Baumeier of Granite City; her sister, Marcia Jordan of Granite City; her mother, Martha Le Rose of Granite City; and her granddaughter, Tiana Baumeier.

Services were Monday, April 20, at Davis Funeral Home, with the Rev. James J. Pimon officiating.

Burial followed at Lake View Memorial Gardens in Fairview Heights. Memorial Masses are suggested to St. Mary's Church in Madison.

Earl Odum
EARL ODUM, 77, of Gaultfield, Mo. died at 4:15 p.m. Tuesday, April 14, 1998, at John J. Pershing Veterans Administration Medical Center in Poplar Bluff, Mo.

Mr. Odum was born Dec. 24, 1920, in Cabool, Mo. He was a U.S. Army veteran and had been employed for 37 years as an auto mechanic with the Lincoln, Mercury, Ford of St. Louis.

Survivors include his wife, Anna (Varble) Odum; five children Dale Odum of Ladue, Mo.; Jackie Odum of Collinsville, Paula Mitchell, James Odum and Steve Odum, all of Granite City; one brother, Ralph Odum of Salem, Mo.; and 10 grandchildren.

He was preceded in death by his parents, James and Lefty (Cope) Odum; one son, Larry Odum; one sister, and two brothers.

Services were Saturday, April 18, at the Bakersfield Assembly of God Church. Burial was in Bakersfield Cemetery.

Memorials may be made to the American Heart Association.

Robertson-Drago Funeral Home handled the arrangements.

The Press-Record/Journal will publish obituaries up to two weeks following the funeral services. Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at Granite City Press-Record/Journal, 1815 Delmar, Granite City, IL 62040.

NEWS

Cub Scout Pack 96 holds Pinewood Derby

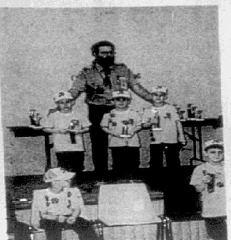
Cub Scout Pack 96 held their Pinewood Derby on Sunday, Feb. 8, at the Granite City Township Hall. The Pledge of Allegiance was led by Cubmaster, Dennis Lybarger. The cubs had their cars weighed and inspected then started to race.

The results were as follows: Tiger Cubs: Jacob Morris, first place; Michael Lindsay, second place; Dakota Childs, third place; Wolf Cubs, Derick Winkle, first place; Josh Weidner, second place; Josh Weidner, second place; Gared Baldwin, third place; Bears Den 1, Chris King, first place; Devin Didomonicus, second place; Josh Koenig, third place; Bears Den 2, Brandon Lunsford, first place; Brian Ortiz, second place; Chris Cotton, third place; Webelos 1, Curt Haefner, first place; Kane Becker, second place; Josh Feeney, third place; Webelos 2, Jeremy Whitaker, first place; Chris Ortiz, second place; Andy Lybarger, third place.

The first place winners then raced to determine the overall winners. The results were: Chris King, first place; Derick Winkle, second place; and

Jacob Morris, third place. Other participants were: Tigers- Travis Jones, Aaron Campbell, Kyle Robertson; Wolves - Nathan Anderson, Mike Kassabian, James Butler; Bears - Jivan Harbian, JJ King, Matt Gancheff, Heath Hamners; Webelos - Chase Vannier, David Whitaker, Cameron McMasters, Tim Scaturro, Ryan Jones and Daniel Whitaker.

The Pack 96 Pinewood Derby Committee extend their thanks to the following for making this year's derby a success. Thank you to Jim and Lois Sulpes, Danny and Debbie Winkle, Debbie Harbian, and Wayne and Marie Lunsford for their donations of time and material to upgrade the track. Thank you to Mr. Leroy Strak, Chartered Organization Rep., Dave Thomas, Troop 141 Scoutmaster, and Troop 141 Scouts Bobby Nemeth, Ryan Hoedbeck and Evan Thomas for their assistance at the weigh-in, inspection, and the start and finish lines. A thank you is also extended to the Granite City Township Hall and to all the volunteers.



Tiger Cubs: standing with Cubmaster Dennis Lybarger are, from left, third place winner Dakota Childs; second place, Michael Lindsay; first place, Jacob Morris.



Wolf Cubs: third place, Gared Baldwin, second place, Josh Weidner, first place, Derick Winkle.



Bears Den 1: second place, Devin Didomonicus, third place, Josh Koenig, first place, Chris King.



Bears Den 2: second place, Brian Ortiz, third place, Chris Cotton, first place, Brandon Lunsford.



Webelos 1: first place, Curt Haefner, second place, Kane Becker, third place, Josh Feeney.



Webelos 2: first place, Jeremy Whitaker, third place, Andy Lybarger, second place, Chris Ortiz.

Karius baptized

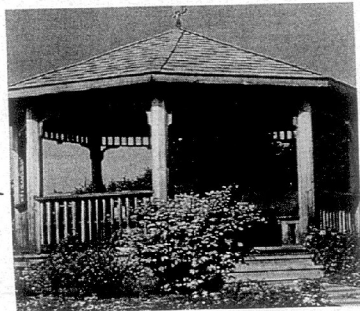
Joseph Roberto Karius, son of Lisa and Joe Karius and grandson of Rosalie Ann Robertson and Gene Robertson Sr. Joseph Karius was baptized at St. Marys Church in Madison at Feb. 16, by Rev. James Keefner O.F.M. Joseph R. Karius' godparents are Shirley and Richard Jasudowicz. Dinner was served to the family and guests. Joseph Karius is a student at St. Elizabeth School in Granite City.

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The Apartments and Duplex Homes of Eden Village is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village also offers the Care Center, a skilled nursing care center with an Alzheimer's Unit, and the new rehabilitation Therapy Center.



Overall winners were: first place, Chris King, second place, Derick Winkle, third place, Jacob Morris. They are standing with cubmaster Dennis Lybarger.

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NEWS

Retirement communities on the increase

Retirement communities are increasing in number throughout the country and the Midwest is certainly no exception. The advancing technologies in health-care services, healthier lifestyles, and early retirement have all contributed to living longer and healthier lives than past generations. The average American will live an additional 15 years after retiring and the market is definitely reaching out to them.

Retirement communities vary greatly, but have some basic similarities. Most communities consist of independent apartments. Like any apartment complex, residents drive their own cars, cook their own food, do their own shopping and live independently from each other. Many retirement communities offer services on the premises to encourage independence. Necessary services like transportation, a dining room, maid and linen services are available to those who may not drive or simply do not wish to cook for themselves. Security is another asset that most retirement communities offer. Patrolled grounds or locked doors limit accessibility and require outside outsiders to enter through a manned entrance.

On the other hand, some communities practice an everything-under-one-roof philosophy. Their goal is to be able to provide everything that is necessary and accessible to everything else. These retirement communities emphasize choice. They offer banking on site, physician and podiatrist visits, educational health-care services. Communities with a holistic approach present services for the mind, body, and soul. They have educational programs, speakers, and libraries. They encourage exercise, good diet, and fitness prevention. They offer multiple levels of health-care services. Spiritual needs are addressed according to one's own beliefs, through both ecumenical services and meditation.

Retirement complexes offer a wide variety of social interaction and entertainment. They have planned trips to cultural events, such as plays, the art museum or fun outings to a gambling bout or to a Cardinals game. The company is great and transportation is free. Don't feel like going out? There is plenty happening on the grounds: crafts, billiards, card games, or committees to help you are a loner, enjoy a stroll on beautiful secure grounds or spent the afternoon in the library.

Health and independence are closely linked. Caring for one's own health needs is essential to maintaining independence. Retirement communities realize this association and plan programs and services to maintain residents' health. Dietitians plan well-balanced menus, exercise and dance classes are available, and educational speakers present updates on wellness issues. Some have nurses' clinics, to supply information and answer health related questions, or

assist in monitoring hypertension or diabetes. Other communities associate with a home health agency to provide needed temporary in-home services.

A number of differing levels of health-care services exist. A skilled nursing unit is licensed to provide 24-hour skilled nursing services. Advanced health-care services may be available, such as physical, occupational, and speech therapies. Equally important is wound care, insulin regulation, or any service requiring licensed health-care professionals. Skilled nursing facilities are beneficial in recovery situations, such as a fractured hip or CVA, commonly referred to as a stroke. In fact, much of the care that was provided in hospitals in the past is now provided in skilled nursing facilities.

The shift in care providers was initiated by Medicare limitations on both the allowable number of hospital days and the reimbursement that hospitals receive. Some hospitals have responded by building or turning a part of the hospital into skilled nursing facilities in order to provide continued care. Even in a skilled nursing facility, Medicare reimbursement requires that the condition for which treatment is provided meets certain criteria and funding is limited to a maximum of 100 days. Nationally, Medicare pays less than 2 percent of all nursing home care.

Several communities have a skilled nursing facility attached to their independent apartments. However, a growing number of individuals are somewhere in between, not requiring 24-hour nursing care, but needing a little assistance maintaining their independence. Surprisingly, an extra hand with a bath or a simple medication reminder enables many to maintain their independence, in their own apartment.

There are many advantages to selecting a retirement community that offers the entire spectrum of services. Even if a particular service is not currently needed, it is reassuring to know that the services are available. Couples benefit by offering assistance to the care giving spouse. Residents have the freedom to move back and forth from one level of service to another without moving away from friends or their spouse. Multiple care level complexes encourage individuals to maintain the highest level of independence possible.

Living in Your Golden Years is a monthly column, being sponsored by *The Suburban Journal*. The purpose is to provide information of interest to the senior population. Topics will cover the entire spectrum from health issues to travel spots. Comments or suggestions can be mailed to Vicki White C/O Suburban Journals, 219 N. Illinois, Belleville, IL, 62220, or by phone at The Community of Our Lady of the Snows at 397-6700.

Motorists have help

The task of finding a competent auto technician is becoming a bit easier, thanks to the National Institute for Automotive Service Excellence, a non-profit group that tests and certifies the technical competence of individual automotive technicians.

With more than 350,000 currently certified technicians on its rosters, ASE is the only automotive certification group that is both national in scope and industry-wide. ASE-certified technicians can be found at every type of repair facility, from dealerships to independent garages.

ASE spells good news for consumers.

Prior to taking ASE certification tests, many technicians attend training classes or study after work in order to brush up on their knowledge. By passing difficult, national tests, ASE-certified technicians prove their technical competency to themselves, to their employers and to their customers.

ASE certifies only the technical competence of individual technicians, not the shop, its business practices, or the ethics of management and employees. But it stands to reason that shop owners who

encourage their mechanics to become certified technicians will be concerned about the other aspects of their business. Likewise, because ASE's program is voluntary, technicians who have gone to the effort to earn ASE certification can be counted on to have a strong sense of pride in accomplishing the task.

More than 100,000 technicians take ASE certification tests each May and November at more than 600 national locations. Technicians who pass at least one exam in their specialty and fulfill the two-year work experience requirement become ASE-certified; those who pass a battery of exams earn Master Technician status.

There are more than two dozen specialty exams covering all major areas of repair. There are eight tests for automobile technicians alone: engine repair, engine performance, electrical/electronic systems, brakes, heating and air conditioning, suspension and steering, manual drive train and axles, and automatic transmissions. There are also exams for collision repair/refinishing technicians, engine machinists, parts specialists and medium/heavy truck technicians.



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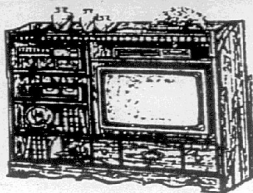
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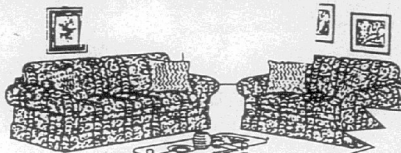
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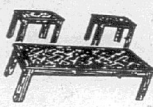


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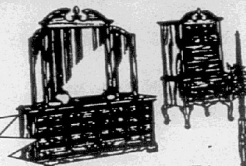


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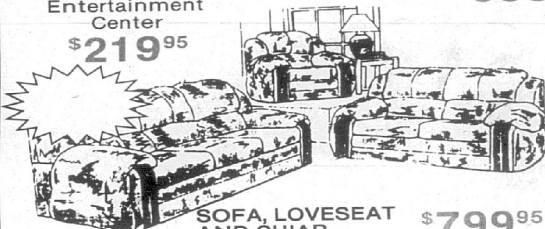


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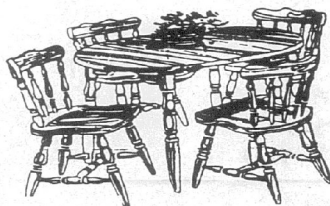


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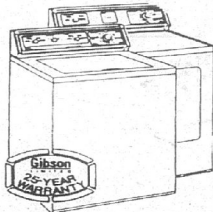


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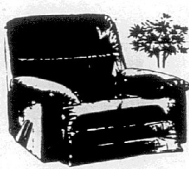
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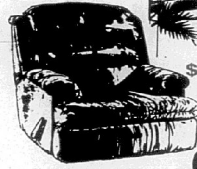
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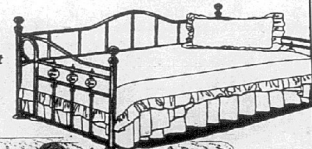
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JOURNAL SPORTS

**Walsh wins at
Tri-City Speedway**

Page 3B

**Cathedral girls squad
is Team of the Week**

Page 2B

Granite City Journal

Wednesday, April 22, 1998

Section B



Art
Voellinger

Schools walk dangerous line by dealing with advertisers

Too bad the advertisement "Plop, Plop, Fizz, Fizz — Oh, what a relief it is!" isn't popular any more.

The relief would be an ideal link to thoughts I've had recently regarding schools and their deficits.

At Belleville West High School, for instance, boosters there have contributed more than \$25,000 to a "Meet the Need" campaign that has helped, among other things, refurbish the lighter system at the football stadium.

However, I'm sure the persons involved with everything from barbecues to golf outings would like to consider something faced this month by the Crete-Monee school district.

That's where officials of that northern Illinois city's high school and five elementary schools must decide if they want to accept \$100,000 in an agreement with a soft-drink company.

In essence, the district must decide if Coca-Cola, Pepsi or Dr. Pepper/Seven-Up will have exclusive rights to the schools' cafeterias, hallways and stadium concession stands. The agreement also would allow the schools to get a percentage of sales.

With a high school enrollment of 1,288 and grade schools totaling nearly another 2,000, the Crete-Monee matter may not seem a major issue. However, if an agreement is reached, it will be the first of its kind in Illinois.

While advertising in schools is not new (especially since the introduction of the Channel One TV Network in the late 1980s), exclusivity has become prominent more recently.

Last year in Colorado Springs, district officials signed an \$8 million deal with Coke while in Grapevine, Texas, a \$3.4 million pact was signed with Dr. Pepper/Seven-Up for long-term exclusive rights.

According to a *Chicago Tribune* report, Larry Zabbonski, a spokesperson for Pepsi-Cola Co., referred to the contracts with the schools as "a natural fit."

"It works on any number of levels," said Zabbonski. "The school districts are on the look-out for new revenue sources. At the same time, we are looking for new ways to connect with young people."

Meanwhile, George King, a spokesman for the Illinois Education Association, warned: "Advertising carries a tremendous weight with young people, and any advertising in classrooms, hallways or billboards only sends convoluted messages to the kids."

"We are in favor of corporations helping further education, but not in ways that blatantly smack of hard-core advertising."

In Wisconsin, lawmakers are considering a bill to ban school districts from signing such contracts.

Still, I wonder how close we are to the Belleville West Dr. Peppers or Collinsville Cokes or East St. Louis Seven-Ups.

Overtime

As predicted here, Centralia High boys basketball Coach Rick Moss has applied for the SIUC-Carbondale men's post, but he is not alone in seeking to replace Rich Herrin. Among the others expressing interest is Robert McCullum, University of Illinois assistant who aided Herrin at SIUC from 1987-89. McCullum also served as an assistant at Kansas State and at the University of Florida.

Warriors swept by Panthers

By Patrick C. Heston
Staff writer

PREP BASEBALL

GRANITE CITY 1 2
JERSEYVILLE 3 3

The Granite City Warriors have proved they can throw good pitching at opponents this season. What they haven't proved is whether they can hit good pitching thrown by those same opponents.

On Saturday, the Warriors collected a total of seven hits in two games at Jerseyville, losing a twin bill to the host Panthers 3-1 and 3-2, despite a pair of solid pitching performances by Paul Kacer and Steve Ward.

As good as the Warriors' pitching was, the Panthers' pitching was better.

Doug Steinkuehler tossed a nifty two-hitter in the opening game, striking out seven in a dominant performance. In the second game, Justin Baecht limited Granite City to only five hits as he nailed down the Panthers sweep.

But possibly more impressive than the arms of the Panthers hurlers were their bats.

Steinkuehler went 2-for-3 with a double and a home run in the first game, while Baecht was also 2-for-3 in the

second game. Both helped their own causes in tight contests.

The Warriors trailed Jerseyville 2-0 in the first game, but scratched across a run in the top of the sixth to put the pressure on the Panthers. But Jerseyville countered with a run in the bottom of the frame and Steinkuehler set down Granite City in the seventh.

In the second game, the Warriors scored once in the first and once more in the third before the Panthers roared back with two in the bottom of the third and a huge score in the bottom of the sixth. Baecht, who threw better as the game wore on, gave Granite City

no chance to rally in the seventh. Jeff Hayden was the most successful Warriors hitter on the day, scratching out a single in three at-bats in the first game, and banging out two hits in four trips to the plate in the second game.

The Warriors, who are struggling to score as their current tailspin picks up momentum, face a busy week on the diamond. After hosting the Alton Redbirds on Tuesday, Granite City plays CBC today (4:15 p.m. away), hosts Bethalto Civic Memorial at 7 p.m. Friday, and travels to Greenville on Saturday for a 10 a.m. doubleheader against the always tough Comets.



(Staff photo by JOHN FRESER)

Granite City's Erika Todd (white jersey) challenges Triad's Jennifer Harris (left) while Triad's Amie Rengel and Erin Fiudo look on. The Knights were one of four teams to fall victim to Granite City so far this year.

Aaron's goal lifts Granite City to win

By Patrick C. Heston
Staff writer

GIRLS SOCCER

GRANITE CITY 1, O'FALLON 0

El Nino has played havoc with the Granite City High School girls soccer squad recently, raining out games against Edwardsville (April 13) and O'Fallon (April 15), and forcing the Lady Warriors into a busy five-day stretch which started this past Saturday.

GCHS traveled to O'Fallon Saturday for a make-up game against an extremely tough Lady Panthers team.

After a scoreless first half, in which

both defenses were dominant, Granite City scored just 10 minutes after intermission. Debra Aaron flicked in a goal from the front of the O'Fallon net following a Granite City corner kick. Lady Panthers goalkeeper Elizabeth Hamby, who stopped 11 of 12 Lady Warriors shots for the game, could do nothing but watch Aaron's score, could do nothing

The 1-0 lead stood up as GCHS goalie

Shannon Roth turned aside all nine O'Fallon shots.

"We played pretty well, especially defensively," said Lady Warriors assistant coach Virgil Kirksey. "It was a good game for us considering that we were pretty short-handed."

Kirksey was referring not only to normal soccer injuries that have taken down key Lady Warriors, such as Felicia Mohsen, but to the absence of both Natalie Judge and Amanda Townzen.

Judge and Townzen are in neck braces as the result of an automobile accident last weekend. Both will remain

sidelined for a few more games and may possibly miss the Howell North/St. Dominic Tournament scheduled for April 27-May 2.

But it was a big win for the Lady Warriors against one of the top teams in the Metro East this season. The win was also big for another reason.

"The win was big because of the sectional seeding meetings which will be coming up," said Kirksey. "The sectional will be held in O'Fallon this year, and they figure to be one of the

(See SOCCER, Page 3B)

Brown gets another shot at college sports

Edwardsville grad inks letter with Dutchmen

By Scott Marion
Staff writer

JUCO BASKETBALL

In the fall of 1995, Chico Brown was on top of the world. After starring in football and basketball at Edwardsville High School, Brown had a superb freshman season as an offensive lineman for the University of Illinois football team. Blessed with size and speed, the 6-foot-9, 310-pound Brown seemed headed for collegiate stardom, perhaps even a career in the NFL.

A year later, though, Brown's world was on a downward spiral. Poor academic performance at the University of Illinois landed him at Illinois College, where he lasted only a year. It wasn't long before the "can't miss" star athlete found himself without a job, a scholarship or a place to live.

But Brown hopes those days are over. He's committed to turning his life around, and he took a huge step in that direction last Thursday when he signed a letter of intent to play basketball next season at Belleville Area College.

"He can be a franchise player," Harrington said. "But to me, basketball is secondary to him getting his life back in its proper phase. I get something out of this because he's a great player, but I wouldn't have been coaching in junior college for over 20 years if I just wanted to win basketball games. I'd rather lose and have myself criticized if it makes him a better person."

At Edwardsville, Brown was best known as a football play-

(See BROWN, Page 3B)



(Staff photo by SCOTT MARION)

Belleville Area College assistant basketball coach Steve Campo (left) and BAC recruit Chico Brown pose after Brown signs a letter of intent last Thursday.

SPORTS

Once in a great while, it's wise to swing at ball one

Baseball is a game which requires quick thinking. As evidence, I submit a high school game played in the Metro East last week.

A pitcher had dominated one particular batter, throwing strikes across the plate quicker than the batter could even think about swinging. And yet, he swung anyway. Far too late. It was almost as if the batter was using the thud of the ball hitting the catcher's mitt as his cue to swing the bat. Once, I could have sworn the ball was half way back to the pitcher before the batter swung.



Pat Heston

Two trips to the plate. Two similar results. Then came the third time. The charm?

It was a crucial moment. Two outs. Nobody on. Last inning. One run game. Batting team behind. One of those

moments where, when you see who's coming to the plate, you head for the car knowing the game is over.

Two quick pitches. Two quick strikes. The difference this time was that instead of swinging late, the batter wasn't swinging at all. Which produced similar results, but without him looking quite as feeble at the plate. It was as if he had given up and was hoping against hope for a walk, knowing it was his only chance of reaching base.

Then it happened. The pitcher unleashed one of

the wildest throws I have ever seen in high school play. From the moment the ball left his hand, it was obvious it would be nowhere near the plate, nowhere near the batter, nowhere near the ballpark.

Up and up it sailed. Up through the atmosphere, the stratosphere, the ionosphere. Into the steely black cosmos. The ball actually sailed over the backstop and over the stands behind the backstop into the gravel parking lot.

In the process, the batter made a fatal mistake. Once more, he did not swing

the bat. He was taking ball one.

That was his one big chance, his one and only chance. He blew it.

A swing on a third strike that a catcher couldn't get a mitt on, even with the vertical leap of a Saturn rocket, meant an automatic trip to first base (if not further). That would have put the tying run on base with the lead-off hitter in the box. That would have meant at least a chance at victory.

But, alas, the foreboding batsman didn't think quickly enough.

The next pitch came. It

popped into the catcher's mitt. The catcher darted to the mound. The winners celebrated. The batter swung. Strike three. Game over.

He might have been the hero. As it was, he was the goat.

But he'll swing next time if he gets that same pitch in the same location under the same circumstances. By my calculations, such an event occurs once every 66 years.

By that time, whether he swings or not, he'll be an old goat.

Brede reaches dream of playing at Busch But Wesclin graduate plays for first-year Diamondbacks

By Mark Hodapp
Staff writer

Growing up, Brent Brede of Trenton often dreamed of playing in Busch Stadium with the St. Louis Cardinals.

"As I sat in the stands, I would have given anything to be a big league player," he said.

On April 14, Brede made his first appearance at Busch ... as a professional player for the Arizona Diamondbacks.

A first baseman and outfielder for the Diamondbacks, Brede lined out to Cardinals right fielder Brian Jordan in his lone plate pinch-hitting appearance.

"I haven't set the world on fire lately," said Brede, 25, after the game. "Jordan's catch" typifies what I've been going through lately."

Brede entered the contest in a 3-for-31 slump. Two of his three hits had gone for extra bases.

He snapped an 0-for-9 slump during the first week of the season with the first triple in Arizona's history, against San Francisco Giants closer Robb Nen.

He later broke an 0-for-10 skid with a solo home run off Los Angeles Dodgers pitcher Hideo Nomo. It was Brede's fourth major league home run, his first in the National League and his first since Sept. 23 in Comiskey Park, while playing

for the Minnesota Twins.

About 50 people from Trenton and New Baden — including family and friends — were at the April 14 game.

"It's great to be here," Brede said. "It's great to see my family and friends. It's great to sleep in my own bed again."

"But it would have been a much better day if we'd have got the win."

The Cardinals defeated Arizona 15-5.

Prior to being selected as the 13th choice by Arizona in the first round of the 1997 expansion draft, Brede played most of his eight-year professional career in the Twins' minor league system.

"Expansion absolutely helped me," he said. "I doubt I would have gotten this chance in Minnesota."

Arizona manager Buck Showalter said Brede's future with the Diamondbacks is bright.

"He's got a chance to be a real good player for us," Showalter said. In fact, Showalter called Brede is one of his most athletic players.

"I think he's going to give himself a chance to be a very good player," he said.

Brede graduated in 1990 from Wesclin High School, where he lettered in baseball and basketball, earning all-con-



(Staff photo by MARK HODAPP)

Trenton resident Arizona Diamondbacks outfielder Brent Brede (with bat) laughs with teammates and coaches during batting practice at Busch Stadium on April 14 prior to the Diamondbacks' game with the St. Louis Cardinals.

ference honors in basketball for four years in baseball, and twice in baseball.

During Brede's senior season, Wesclin's basketball team won the IHSA Class A state tournament. He averaged 38 points in the title game.

Last season, Brede batted .274 in 61 games with Minnesota.

Brede, who still makes his home in Trenton with his wife, Lisa, said he is getting used to the major league baseball player's life.

"It's not as glamorous a job as everybody thinks," he said. "But Brede likes his job."

"And it's a good occupation to have," he said.

Red Schoendienst, who has been involved in professional baseball for the past 38 seasons, said he was looking forward to meeting Brede. Like Brede, Schoendienst was born in a small Illinois town, Germantown.

Schoendienst, who was inducted into the Baseball Hall of Fame in 1989, made the Cardinals after going to a try-out camp.

Brede, on the other hand, was signed by the Minnesota Twins as their fifth-round draft selection in the June 1990 free agent draft.

Schoendienst said he believes Brede will do a "fine job" in the majors.

"I'm pulling for him, even when he's playing against the Cardinals," he said.

Schoendienst said he believes Brede's stint in the minor leagues will help him.

"When you are down in the minor leagues, I think it helps you, he said. "When the opportunity comes here (the major leagues), it's a good feeling."

Brede said he hopes to have an extended career in the majors.

"But you never know," he said. "Obviously, I will have to hit the ball better than I have been."

•Soccer

(Continued from Page 18)

top teams. So, we helped our cause with the win on Saturday."

Granite City improved to 4-1-1 on the young season. The Lady Warriors traveled to McClellan North on Monday and hit the road again this afternoon for Belleville West. Junior varsity action commences at 4:30 p.m.

Meanwhile, the junior varsity squad became a last-minute addition to the eight-team Alton Invitational Girls Soccer Tournament, which began Monday and ends Saturday at the Gordon Moore Park fields.

on the north side of Illinois Route 140.

"Actually, our JV team won't be in action the first two days (Monday and Wednesday)," said Kirksey. "We have games those days against McClellan North and Belleville West. So (freshman coach) Allan Harris will be taking all the members of the freshman team who don't play varsity. Basically, it will be a skeleton crew of freshmen. Friday and Saturday, we'll have the regular JV team there."

But the first two days might not be a pretty sight. The freshmen were scheduled to open on Monday against the same O'Fallon team that the

varsity nipped on Saturday. Alton is also on tap for the young Lady Warriors during the first day of play. The Red Birds, who have been without last year's leading scorer Lindsey Kennedy, ended a four-game losing streak Thursday with an 8-0 romp against Bethalto Civic Memorial.

The Lady Warriors are in a pool with East Alton-Wood River, O'Fallon and Alton. The other four-team pool includes Belleville East, Belleville Althoff, Civic Memorial and Alton Marquette.

Pool play is Monday, Wednesday and Friday on the north side of Gordon Moore Park. All games begin at 4:30 p.m.

The finals will be Saturday on Field Number 3, on the south side of Route 140. The fourth-place pool teams will play at 11 a.m., followed by the third-place teams at 1 p.m., the second-place teams at 3 p.m., and the championship game is scheduled for 5 p.m.

•Brown

(Continued from Page 18)

er, earning all-state and All-American honors. But he was an equally imposing figure on the basketball court.

"I didn't start playing basketball until I was a sophomore, but Coach (Mike) Waldo took me aside and worked with me," said Brown, who earned third-team all-state honors as a senior. "I was 17 and I had so much power and I thought I was unbeatable, and a lot of people agreed with that. Some people have been able to handle that, but I wasn't ready."

An offensive tackle and defensive tackle, Brown was an offensive guard at Illinois before switching to left tackle. He was an immediate success on the football field, but off the field, the downward spiral was starting.

"When I got to U of I, the game really speeded up," he said. "In college football or basketball, you can't think; you just have to react, and

that's what I was good at. If I really like a system, I can learn it fast."

"I thought I had my head on right and I thought I was a man, but I wasn't a man. All of a sudden, all of these people are praising you and you're on Sportscenter and stuff like that, and you're a contender for Big Ten Freshman of the Year. I saw other people not going to class and I thought 'why not me?' I could be (in the NFL) making millions, but I learned from my mistakes, and I've made a lot of them."

When Brown wasn't playing football, partying took priority over studying.

"I was at U of I for a year, but I just stopped caring," he said. "The football coaches wanted me to stay, but I transferred to Lincoln College and I played basketball there. Academically, I did pretty well the first semester, but in the second semester I had to work a lot and take care of (personal) business. I just stopped going to classes."

"At that point, I thought it was more important to make

money. I can look back now and smack myself in the face, but you can't live with regrets. I went from the highest to the lowest point of my life in a year."

By early 1998, Brown had hit rock bottom. But a chance meeting at a friend's house with Big Ten freshman basketball player Clint Sizes (a former Belleville East standout) brought Brown to Harrington's attention.

"I was down on my luck and homeless, and I saw Clint and he told me they needed a big man," Brown said. "The coaches called me the next day, and the rest of what happened is what you see before you."

"This is something I had to do — I had no choice. It's the best thing I need to do to survive right now. Every time I failed when I was younger, my mom was always there to catch me. I'm older and I'm still not a man now, but I'm working on it. Now I know I've got to take care of myself."

In terms of conditioning and being ready to play college basketball, Brown admits he has a long way to go.

"I played with the (BAC) guys a couple nights ago, and once we get in tune, we can play a powerful, explosive game," said Brown, who hopes to weigh 270 to 280 pounds by next fall.

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COMMUNITY CALENDAR

Church

FULL GOSPEL FELLOWSHIP, 3950 Horseshoe Lake Road in Pontoon Beach, is holding a Gospel Bluegrass concert at 7 p.m. on Saturday, April 25, with Tennessee's award-winning group **THE HOLLYLANDS**, featuring banjoist **KENNY INGRAM**, former member of Lester Flatt's Foggy Mountain Boys. Information: 451-1409.

SUBURBAN BAPTIST CHURCH, Maryville Road and St. Clair Avenue, will present a SELF-DEFENSE CLASS called "Surviving in a Dangerous World," from 9:30 to 11:30 a.m. Saturday, April 25. The class is led by Officer Michael Sparks of the Granite City Police Department. The class is open to men, women and teens, and is not a hands-on type training. Information: 876-7404 (church), or 451-8700 (Sparks).

ST. JOHN UNITED CHURCH OF CHRIST, 9 a.m. Sunday School, 2901 Nameoki Road. Two Sunday worship services, 9 a.m. and 10:30 a.m. Nursery available. Everyone is welcome.

GENERATION JESUS YOUTH GROUP, led by youth minister, 5 to 8 p.m. every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

ST. PETER UNITED CHURCH OF CHRIST, 2101 Cleveland Blvd., holds Sunday School at 9 a.m. and has preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone welcome.

NIEDRINGHAUS UNITED METHODIST CHURCH Sunday worship services are at 8:30 a.m. and 10:30 a.m. Sunday School at 9:30 a.m. and Prayer Meeting at 9:30 p.m. Wednesdays. Nursery Available. Everyone is welcome.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music/Bible study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

FULL GOSPEL FELLOWSHIP, 3950 Horseshoe Lake Road, has Sunday Service and Children's Church at 10:30 a.m. Monday Night Miracle Service at 7 p.m. Wednesday night service at 7 p.m. and 9:30 p.m. night youth service at 7 p.m. Full Gospel Fellowship invites all to attend and enjoy power-packed services.

FIRST PRESBYTERIAN CHURCH OF GRANITE CITY Lenten Bible study at 8:45 p.m. Wednesdays March 4 through April 1 at 2160 Delmar. For more information, call 452-1100.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30 to 5 p.m. Tuesdays at the church, 1900 Harris St. For more information, call 452-0273.

GOOD SHEPHERD UNITED METHODIST CHURCH, 3025 National, holds Bible class for young adults at 9 a.m. Sundays, new Sunday school class for junior high at 9 a.m. Bible class for all ages at 9, and has a 10 a.m. worship service.

DEWEY AVENUE UNITED METHODIST CHURCH invites all to attend their services. Sunday School is at 9:30 a.m. Sundays and Bible study is at 7 p.m. Fridays.

Community

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. the fifth Monday of the month. For more information call Dan at 452-2336 or Diane at 876-1360.

MITCHELL FIRE PROTECTION DISTRICT 2 regular monthly board meetings is 7 p.m. the second Tuesday of each month, at 5123 Maryville Road, 931-6521.

MADISON LIBRARY BOARD OF TRUSTEES holds monthly meetings at 6 p.m. the third Thursday of every month at the Madison City Hall, 615 Madison Ave.

Dance

MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB (MUSIC) regular monthly meeting is held every other Sunday at the American Legion in Collinsville. Nonmembers welcome. Dance lessons from beginning to advance are given from 9 to 5 p.m. at a cost of \$4 for nonmembers and \$2 for members. For more information, call 463-2405.

BOOTS & SLIPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m. every Monday, St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4536.

Food/Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 930 Reynolds, Madison. 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and laque berry-cori only. \$6 per dozen. Cooked and ready to heat and eat. Also Chrushki and rosafles. Order ahead by calling 876-5850, 876-3696, or 931-3367.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman. Alfred Turner is the secretary and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, 8 to 11 a.m. the second Saturday of each month at 2001 St. Clair Ave. Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and juice. Menus are \$4 for adults, \$2 for children. Call 451-7788 for more information.

GRANITE CITY FOURSQUARE CHURCH, 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9935.

Health/Exercise

Bemis Chiropractic, 3361 Pehling

Room in Granite City, is offering **FREE ELECTRONIC SPINAL SCREENING** from 9 a.m. to noon every Tuesday, and Thursday. Call 876-2273 for more information.

TOPS 2363, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m. every Monday, Melvin Price Support Center in Granite City. Call 876-2124.

TOPS 11 645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

TOPS 11 2417, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Pontoon, Weigh-in at 5:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information call Ann at 452-6102.

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Have Fun the TEND Way" at 7:30 p.m. April 28. Sister Linda Hylla, LCSW, of the Behavioral Health System, will talk about TEND, a program that supports local youths with social and recreational activities that are drug, alcohol and violence-free. The talk will be held in the Wiseman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5394 for appointments or more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1349, meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., refreshments served at 6 p.m. All seniors 50 and over are welcome. For information call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information and/or location of meetings call 931-2098.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria, Dinner at 6:30 p.m., third Wednesday of each month, followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-6914.

NOON NETWORKING FOR WOMEN, third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fair-

view Heights. Cost is \$10 (no annual dues). Please feel free to bring your business cards and brochures. Bring a friend a get \$4 off your next lunch at Noon Networking.

SINGLES ALIVE, a Christian singles group, will meet at 7:15 a.m. April 23 at the Amtrak Station in Alton for a train ride to Springfield, Ill. Tickets must be purchased in advance as soon as possible. The cost is \$14 roundtrip for ages 61 and younger, and \$12 for seniors 62 and older. The group departs at 7:48 a.m. and arrives in Springfield at 9:10 a.m. The first train back leaves Springfield at 12:40 p.m. and arrives in Alton at 1:50; the second train leaves at 6:50 and arrives at 8 p.m. in Alton. Call Erma, 258-2677 or Beverly at 254-9507 for more information. All singles are invited. All denominations and ages welcome.

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2098.

SONS OF CONFEDERATE VETERANS, a hereditary group for descendants over age 12 of Confederate veterans, meets every third Thursday of each month at Ravanel's Restaurant in Granite City. Call 877-3066 for more information.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m., second Thursday of each month, at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2209.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP meet at 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month.

For more information phone, 877-1936.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Thursday of each month, except July, at the Nameoki Methodist Church, 1900 Pontoon Road.

MODERN WOODMEN OF AMERICA Life Insurance Society meets the last Thursday of each month at 5 p.m. at Ravanel's Restaurant.

THE JOLLY QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

GREATER BENEFICIAL UNION OF PITTSBURGH, District 491, Granite City Council, meets at 8 p.m., first Friday of each month at Third Baptist Church, 26th Street and Grand Avenue in Granite City. James J. Reagan, president, can be reached at 288-7396; and Mary Solomon, secretary, can be reached at 451-8201.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 876-7715.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

CAMERA EXPLORERS CLUB, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., third Monday of each month, call Beverly Zager, 254-9394.

ELKETTES, Granite City Lodge 1083, Maryville Road, 931-3557, 7 p.m. the first Tuesday of each month except

July and August.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION, meets the first Tuesday of each month at 6:30 p.m. Open to everyone in legal field: attorneys, legal secretaries, support staff, court reporter and court personnel. For more information call 465-4400.

MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, Granite City unit, noon, first Tuesday of each month, Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

TRIO UNIT, MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, noon, first Tuesday of each month, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

TOASTMASTERS INTERNATIONAL meets the first, third and fifth Tuesday of the month from 7 to 9 p.m. at Shoney's, Highway 157 (44 Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6026 or 344-2898.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE) Chapter 1007 meets the second Tuesday of each month, except July and August, at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 876-6450, or 452-3286.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL, 3101 Madison Ave., 451-5808, 7 p.m., second Tuesday of each month.


BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1083, Maryville Road, Granite City, 931-3557, 8 p.m., second Tuesday of each month.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1083, Maryville Road, Granite City, 931-3557, 7 p.m. the first Tuesday of each month except

(See CALENDAR, Page 5B)




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TELEPHONE _____

1 Q. At WrestleMania XIV who did Pete Rose say he left tickets for?
A. _____

2 Q. On RAW IS WAR from Albany, NY, Vince McMahon gave Stone Cold Steve Austin:
A. _____

3 Q. The first RAW opponents for LOD 2000 were?
A. _____

4 Q. Who was the lead singer of the band that performed American The Beautiful and The National Anthem at WrestleMania XIV?
A. _____

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SIZES 13" 4 For \$155
P165/80R13 \$155
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P185/80R13 \$155
\$38.75 ea. - 2 For \$77.50

SIZES 14" 4 For \$175
P185/75R14 \$175
P195/75R14 \$175
P205/75R14 \$175
\$43.75 ea. - 2 For \$87.50

SIZES 15" 4 For \$195
P205/75R15 \$195
P215/75R15 \$195
P225/75R15 \$195
\$48.75 ea. - 2 For \$97.50

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SIZES 15" 4 For \$257
P215/75R15 \$257
P235/75R15 \$257
\$64.25 ea. - 2 For \$128.50

SIZES 15" 4 For \$347
LT235/75R15/6 \$347
LT265/75R15/6 \$347
\$86.75 ea. - 2 For \$173.50

SIZES 16" 4 For \$367
LT265/85R16/6 \$367
LT285/85R16/6 \$367
\$91.75 ea. - 2 For \$183.50

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5 Gallon Drum \$17.90	55 Gal. Drum \$149.75
HEAVY DUTY 5 GALLON MOTOR OIL	HEAVY DUTY 55 GALLON MOTOR OIL
15W40 OR 15W50 \$21.90	15W40 55 Gallon \$174.75
30W OR 40W-55 Gal. \$18.90	30W OR 40W-55 Gal. \$169.75
GEAR OIL	GEAR OIL
80/90 GEAR OIL 5 Gal. \$19.90	5W30, 10W30, 10W40 \$179.75
PARTS CLEANING SOLVENT	PARTS CLEANING SOLVENT
5 Gallon \$14.77	55 Gallon \$119.75
TRACTOR HYDRAULIC FLUID	TRACTOR HYDRAULIC FLUID
5 Gallon \$19.90	55 Gallon \$174.75
DEXTRON TRANSMISSION FLUID	DEXTRON TRANSMISSION FLUID
5 Gallon \$19.90	55 Gallon \$189.75
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Calendar

(Continued from Page 4B)

931-3557, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of BUSINESS NETWORK INT'L (BNi) meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at 667-3340.

BURT - BUBBLEMASTERS UNDERWATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month at 4964 Old Alton Road next to the Mitchell Fire Protection Department. Tours are available by appointment, 931-8317 or write to the above address.

MADISON COUNTY FAMILY ALLIANCE will meet from 9 to 10:30 a.m. at Midland Room at St. Elizabeth Medical Center in Granite City. For information, call 462-4683, extension 104.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. every 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 9459 Roslan Place, St. John, Mo. 63114. Classes in 12 to 11 year age group. Call Melanie McManus at 429-0076.

PONTIAC BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 3910 Highway 111, Pontiac Beach.

CHOUTEAU TOWNSHIP SENIOR CITIZENS, meets the fourth Thursday of each month, 6 p.m., Potluck, School Center, 906 Thorngate Drive, Mitchell.

ATTENTION MEDICARE BENEFICIARIES — Come and hear how Advantage can give you complete health care coverage. You are invited to hear a presentation every Tuesday and Thursday at 10 a.m. at the Pontiac Beach Senior Center, 3910 Highway 111, Pontiac Beach.

EAGLE PARK 'ACRE SENIORS OF MADISON meet every Thursday from 10 a.m. to noon every Wednesday (near) Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHIO CLUB for seniors 55 and over meets at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontiac Road. Call 877-0350 for more information.

PONTIAC BEACH SENIOR CITIZENS put lunch dinner the last Saturday of each month, 5 p.m., 3910 Highway 111, Pontiac Beach.

GRANITE CITY SENIOR SOCIAL CLUB meets at the Nelson Hagauer Township Hall. Doors open at 6 p.m. April 27 for the 100th dance. For information, call 877-1215.

PONTIAC BEACH SENIOR CITIZENS, meeting, third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontiac Beach.

SUPPORT GROUPS
The C.H.U.R.C.H. OUTREACH INC. meets 7 to 9 p.m. every Wednesday night at True Fellowship M.B. Church, 1641 3rd St. in Madison. The CHURCH is an outreach program designed to support its community in the struggle with urge control. All meetings are confidential. For more information, call 877-TRUE.

STROKE SUPPORT GROUP, for patients, their families and caregivers, 6:30 p.m., second Wednesday of each month, in PASCAL Hall, St. Elizabeth Medical Center. Refreshments are served. Call 798-3018 for more information.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3018.

ALANON, 9:30 a.m. every Monday, 2116 Edison (side door) in Granite City, Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

ALANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth School's Noah's Ark Day Care, Pontiac Beach, Granite City. The meetings are closed except for the last Wednesday of the month.

PARENTS ANONYMOUS GROUP, meets 5:30 to 6:30 p.m. first and third Thursdays of each month. For information on where meeting will be held, call Elaine Searcy at 462-2714 or Lyle Cuberly at 876-2382.

NEWS

MULTIPLE SCLEROSIS SELF-HELP group meets from 2 to 3 p.m. second Thursday of each month, in PASCAL Hall at St. Elizabeth Medical Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

ALZHEIMER'S SUPPORT GROUP meets from 6:30 to 8 p.m., third Thursday of each month, in the President's Room, inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of caregivers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3018 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

ALANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Day Care room C. Call 463-2429.

ALATEEN and PREALTEEN PROGRAM for 12 to 17 age group, and prelatteen to 11 year age group, meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center conference room A. Call 463-2429.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

SOUTHERN ILLINOIS DIVORCED and SEPARATED CATHOLICS meets at 7:30 p.m. the second Friday of each month, in the St. Ignace Church at St. Boniface School, 128 N. Buchanan, Edwardsville, Call 465-1463.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) support group meets the second and fourth Friday of each month, Call Curt Williams, 877-5172 for information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m., every Friday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

STEMS (Support Together for Emotional and Mental Sobriety), support group for people with a mental illness and an alcohol or drug problem, meets every Friday from 1:30 to 2:30 p.m. at PASCAL Hall, St. Elizabeth Medical Center, Call 798-3554 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m., every Friday, at St. Elizabeth Medical Center, Granite City. In the Milinski Room located in the basement. For more information, call the DMCA office at (314) 776-3969.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP, meets the first and third Saturdays of each month, at 1307 Madison Avenue, Madison, 9:30 to 11 a.m., to comfort and restore. Group membership is open to all who are "broken" — at no cost. Worship service will follow each meeting at 11:30 a.m. For more information, call 341-3643 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets the third Saturday of each month, at Von Gontard Conference Center at St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information, call 462-8422.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m., every Sunday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, PASCAL Hall, main floor, Granite City, (800) 307-6600.

PROSTATE CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Granite City. The group, men only, will meet in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zollars, any evening, at 656-5458.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room B.

CHEMICAL DEPENDENCY RELAPSE PREVENTION GROUP meets from 5:30 to 7 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville. For information, call Abuse Care Center, Call 602-2197 for details.

DIABETES SUPPORT GROUP, 1 to 3 p.m., first Tuesday of each month, President's Room, St. Elizabeth Medical Center, 798-3456.

ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY (AMI) meets the first Tuesday of each month from 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3604.

CUPFUL/ALLIANCE FOR THE MENTALLY ILL will meet at Market Avenue Church of God, 1505 in East St. Louis every fourth Saturday of each month from 2 to 4 p.m. For more information, call (314) 888-8021.

BETTER BREATHERS, support group of those with chronic lung condition, second Tuesday of each month, 1 p.m., PASCAL Hall, St. Elizabeth Medical Center, 798-3118.

MASTECTOMY SUPPORT GROUP, 7 to 9 p.m., PASCAL Hall, main floor, St. Elizabeth Medical Center, second Tuesday of each month, 798-3510.

LUPUS ERYTHEMATOSUS SUPPORT GROUP, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., third Tuesday of each month, at the Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PARENTS OF MURDERED CHILDREN, St. Louis Chapter, 8 to 10 p.m., the third Tuesday of each month at the American Cancer Society Building, 4201 Lindell Blvd., St. Louis, or more information, call 452-2149 or (314) 391-2230.

Other

MADISON COUNTY ACTION GROUP meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 876-1360.

MADISON COUNTY GENEALOGICAL SOCIETY meets 7 p.m. second Thursday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

EDWARDSVILLE KENNEL CLUB 7:30 p.m. every Thursday of each month, Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to public.

EAGLES AUXILIARY 1128 BINGO 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 1980 drawing free games and other raffles.

GATEWAY SOUNDS CHORUS 7:30 p.m. every Tuesday at the Collinsville Senior Citizen Center, 4202 E. Edwardsville, call Joyce Greiner at 398-8853.

SINGLES CONNECTION events this week are: Meet at 7 p.m. April 22 at night club in Edwardsville. Bring cards and games. RSVP to Paul, 332-1731. Meet at 6:30 p.m. April 23 for a movie at the Cottonwood Theater in Glen Carbon. Admission is \$2. Call Paul, 332-1731.

SPINART SUPPORT GROUP, sponsored by Nameoki United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 877-1936.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of each month, PASCAL Hall, main floor, St. Elizabeth Medical Center, 798-3167.

PEOPLE NEEDING PEOPLE BEREAVEMENT SUPPORT GROUP, 7 to 9 p.m., every Tuesday, 2901 Nameoki Road, Granite City. St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

ALCOHOLICS ANONYMOUS (women only), 8 p.m. every Tuesday, Presbyterian Church, Mitchell, (800) 307-6600.

ALANON, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

ALATEEN and PREALTEEN PROGRAM for 12 to 17 age group, and prelatteen for seven to 11 year age group, meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison (in the Kettler Center room A). For more information call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 68th Street in Belleville. For more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

LEARNING TO LEAN support group for families with special needs children, for families and friends of any child with any disability. Meets 7 to 9 p.m. the first Tuesday of every month at Word of Life Tabernacle, 4870 Maryville Road in Granite City. Childcare is provided. Call Gina at 931-6453.



Mr. Haefner took charge of the book sale. He is dressed as a Chinese brother.



Two students dressed in Blues shirts look over material on display.

Retirement hasn't slowed 95-year-old Glen Carbon man

By Rebecca Hopkins
For The Telegraph

Retirement has been good for 95-year-old Les Blumberg. It certainly hasn't slowed him down.

A resident at Eden Village Retirement Center in Glen Carbon, Blumberg currently is working the soil for his tenth garden plot.

"I started planting on March 10," Blumberg said. "I planted five rows of onions, two rows of beets and carrots and a stand of leaf lettuce that is really starting to look good."

When the ground gets a little warmer, Blumberg said he will add cucumbers, zucchini, six rows of sweet potatoes, and 40 tomato plants to his garden.

He spades his 60-by-35 foot plot by hand and does all his own planting, weeding and watering.

"We used to have a roto-tiller, but too many people tried to play with it that didn't know how to use it," Blumberg said. "Eventually, it just wouldn't run anymore."

Blumberg also has a row of blackberries that expands every year. "I make my own jelly from them," he said. "A meal just isn't complete without bread and little jelly to go along with it. Everything else I grow, I give away. I can't use everything, so I just put the harvest into a box and set it in the atrium so the folks can help themselves to as much as they want."

An Edwardsville native, Blumberg was born and raised on a farm that is the present site of the Assembly of God church on St. Louis Avenue.

He remained active in farming until he was 28 and then began working as a laborer for several employers.

"I did jobs for the Public Works Department, Armor Packing House, Kettle River Cressote Plant and even did a little tar and gravel roofing over in St. Louis," Blumberg said. "I was just trying to figure out which I could make the most money from."

"When I was 41, I began my own business as a contractor and bricklayer. Working for myself was the best move I ever made because I like being my own boss. When I worked for other people, I couldn't be as aggressive as I wanted to be."

Blumberg said he takes it a little easy when he gardens, especially in hot weather.

"I'll work 30 or 45 minutes at a time," he said. "But I may do that two or three times a day."

Blumberg said he is also the oldest participant in the Senior Olympics that are held at

Eden. He is a champion at shuffleboard and is "tops" at card games, pinochle and euchre.

"It's a fact," he said. "I'm definitely the oldest athlete." Blumberg said he used to enjoy fishing on the small, stocked lake at Eden Village, but the fish were fed too well and wouldn't even try to take bait.

"Besides, it's so full of turtles that they won't leave your line alone anyway," he said. Blumberg said he owes his longevity to staying busy, eating well and not drinking or smoking. Grinning, he also said it was important to have a good social life.

Blumberg's wife, the former Minnie Gehring, died in October 1996. They had no children.

"My wife had a little cancer problem early on," he said. "We didn't know then if it was hereditary or not, so we just decided it would be best not to have children. It all worked out all right. We had a pretty good life together."



Student Josh Carrico visits at the book sale table.

Lake School open house celebrates books, learning

The theme for the 1997/1998 Lake School open house was "Open Your Door to a World of Books."

Approximately 400 parents and students attended open house at Lake School on Jan. 29. A door decorating contest was held where each door in the building was decorated around a storybook theme.

Mrs. Becherer's classroom door took first place and Mrs. Hollis' classroom took second place. Their students were treated to a special luncheon in the cafeteria. In the gymnasium, writings by the student were displayed, refreshments were served, and a used book sale was held.

Parents and students were able to register for attendance prizes, visit classrooms, and vote on their favorite door display. Parents had the opportunity to obtain information on the homework hotline and monthly activities in the building.

Principal Nancy Sanders would like to thank everyone who helped to prepare for this special event. A special thanks to parent and students for visiting the open house.



The first-place door decorations.

Herman honored by Tandy

Joseph S. Herman of Granite City, a student at Granite City High School, has won a certificate for being an Outstanding Math/Science/Computer Science Student Nominee in this year's Tandy Technology Scholars Program. This annual program, funded by the Tandy Corporation, is open to all accredited high schools in the United States, and honors student and teacher accomplishments.

Only the academic top two percent of graduating seniors are eligible to receive certificates recognizing their academic achievements. There are no cash awards in this category. Each school may also nominate a senior who is outstanding in mathematics, science or computer science. In addition to receiving a certificate, a Tandy Technology Scholar in this category is eligible to compete for the one hundred \$1,000 scholarships awarded annually.

Each school may also nominate an outstanding teacher in mathematics, science or computer science. These teachers receive a certificate of recognition and are eligible to compete for the one hundred \$2,500 cash awards presented annually.

Jonas Janek wins scholarship

Jonas Janek of Granite City Senior High School has been awarded a Dean's Scholarship from Indiana's Tri-State University. The Dean's Scholarship is a merit-based scholarship awarded to student who have demonstrated high academic achievement.

Tri-State University is a private, non-denominational associate and baccalaureate degree-granting institution with 40 programs in the schools of Engineering, Business, and Arts and Sciences. Located in Angola, Ind., it has branch campus in Fort Wayne and South Bend, Ind.

Calvin Johnson Care Center



Frances & Shirley Thien with Alera Thien, Resident

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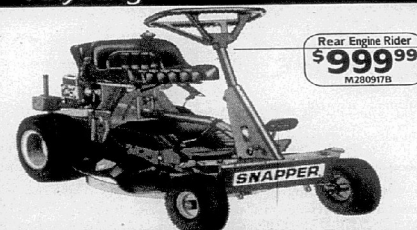
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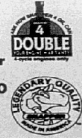
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ORGANIZATIONS

Butterfly Card Club

On March 26, members of the Butterfly Card Club met for lunch at the Inn after which the group gathered at the home of Harriet Hoff.

Dessert was served from a table decorated in the Easter motif and fresh flowers. A miniature flower made of wood was at each place setting. The rest of the afternoon was spent playing pinochle and prizes awarded.

Also in attendance was Mary Lou Claussen, Catherine Hommert, Lorraine McIlvay, Juanita Rosenburg, Edith Ryan, Nell Tally, and Irene Willis. Claussen will host the April meeting at the Barn Deli in St. Louis.

Unit 307

Venice-Madison Unit 307 met April 7 at Post 307. Juanita Williams was hostess and served dessert to 14 members. Dorothy Hinson, president, conducted the meeting.

Pauline Mersinger collected \$8.00 for the Children's Miracle Network. National Presidents Special Project.

Doroles Weis, Community Service, announced bingo for the Colonial Haven on April 9 and Colonades on April 16.

Under the Children and Youth Program, Dorothy Hinson announced the members will fill lunch bags for the Area 12 Special Olympics on Friday, May 1, at 8:30 a.m. at the Collinsville American Legion Post 365. The members will also distribute lunches and drinks on Saturday, May 2, at the Area 12 Special Olympics to be held at the S.I.U.E. Soccer complex. Lunch time: 11 a.m.

Bette Nugent, National Security Chairman, asks that members bring items for the snack counter at the McDonnell U.S.O. at the Airport. This will be for the May meeting.

Frances Cowley, Past President Chairman, announced District P.P.P. dinner will be

April 29 at 6:30 p.m. at the Belleville post 58 Freedom Farm.

A special drawing was held for a white purse donated by Mary Ballentine. This was won by Dolores Weis.

Attendance prize drawing was won by Kate Buechele. Next meeting will be held on Tuesday, May 5, at Post 307.

Eta Alumnae Chapter

The regular monthly meeting of the Eta Alumnae Chapter, Phi Tau Omega Sorority was held Wednesday, April 1, at the home of Amy Heath in Forest Groves Subdivision, Edwardsville, hosted by Frances Hartman and LaVee-da Knobbie. 12 members attended.

A short business meeting with President Knobbie presiding was held, preceeding lunch. The home was beautifully decorated with Easter appointments as were the prizes.

Card games occupied the afternoon with prizes awarded to the following: Helen Hoelscher, Dorothy Johannmeier, Mildred Jungels, Marguerite Lexow, Ann McDowell, Elsie Rodell, Van Stuart, and Mary Evelyn Vencho.

Others attending not mentioned above were: June Drew and Mary Lou Tonsick.

The next meeting will be held Wednesday, May 6, with hostess Marguerite Lexow and Mary Lou Tonsick.

Omicron Master Chapter

The Illinois Omicron Master

chapter of Beta Sigma Phi sorority met in the home of Pat Tsigolaroff on Wednesday, Feb. 4. Seven members were present. A business meeting was conducted by the president, Evelyn Tolliver. A letter was read inviting the group to attend the "Fit and Fabulous" seminar sponsored by the St. Elizabeth Health Services in cooperation with the News Democrat and Collinsville Chamber of Commerce on Saturday, March 14 at the Gateway Center. A \$50 contribution was forwarded to the Boy Scouts of America. Valentines were signed and sent to the Veterans Medical Center in Marion. Alice Konieczny gave a review of her book, "I Want To Grow Up, I Want To Grow Hair, I Want To To Boies" by the late Irma Boneck. A Valentine party was held at the conclusion of the evening with Evelyn Tolliver and Arlene Haldeman winners of a game of Trivial Pursuit, Lora Mae Lombardi, Joyce Alexander, and Imogene Forrest were also in attendance.

The meeting on Feb. 18 was attended by six members Vice-President, Beatrice Brackett, conducted the business meeting, Pat Tsigolaroff was the recipient of the Make-It-Or-Bake-It raffle, stationary items donated by Joyce Alexander. A review of Illinois during the Civil War was given by Pat Tsigolaroff. Other members present were Imogene Forrest, Arlene Haldeman and Alice Konieczny.

Traci Mell chosen as student leader

Culverton-Stockton College's Office of Student Development has chosen 32 students to be New Student Orientation (NSO) Leaders for the 1998 fall semester. The NSO leaders will lead activities for the incoming freshman and transfer students to help them become acquainted with one another the weekend before classes are scheduled to start.

Traci Mell, daughter of John and Susan Mell of Granite City, is among the 32 students chosen. She is a junior studying History and Political Science.

FAMILY



Donation

John Greathouse, right, presents Dr. Laney Schuman-Forbes, a local dentist and chairman of fundraising for the Quad-Cities Unit of the American Cancer Society, with a check for \$560 raised by Team 7-2 at Grigsby-Middle School for the "Send-a-Mouse to College" program for the American Cancer Society.

Four students to represent McKendree at observance

Four McKendree College students and one faculty member have been selected to represent the college at the 1998 Technos International Week in Japan.

The students are Katie Hearing, Matthew Olmstead, Kelli Schmidt and B.J. Yurcinis. Dr. John Greenfield, professor of English and chair of the Division of Language, Literature and Communication, will accompany the students to Japan in June.

Hearing, a sophomore, is the daughter of Samuel Hearing of Olney. She is majoring in pre-medicine/occupational therapy and is a President Scholar, a member of the Honors Program and an All-American on the McKendree tennis team. She is a Student

Ambassador and a tutor. Olmstead, a sophomore from Alton, is the son of Richard Olmstead and Karen Cox. He is majoring in marketing and music history, and is both a Presidential Scholar and a Boettcher Music Scholar. Olmstead is a member of the McKendree College Choir and Cantor and acted in the 1997 musical, "West Side Story."

Schmidt, a sophomore, is the daughter of Harley and Jackie Schmidt from Edwardsville. She is majoring in elementary education and is a Presidential Scholar, a member of the tennis and softball teams and an officer in the Fellowship of Christian Athletes. She is a Student Ambassador and recently participated in "McKendree Meets the Media"

day at Edwardsville High School.

Yurcinis, a junior, is the son of Basil and Eve Yurcinis of Granite City. He is majoring in pre-medicine and is a Presidential Scholar and a member of the Honors program. Yurcinis is involved in numerous groups on campus including the debate team, Model United Nations and Sigma Zeta. He is vice president of Student Government and is involved in the McKendree theater.

Students nominated for participation were asked to submit a current resume and a two-page essay describing their qualifications for participation in the program and their reasons for wanting to participate. The candidates then went through an interview process to determine who would most benefit from the experience and best represent McKendree.

Technos International Week is underwritten by the Tanaka Memorial Foundation. Dr. Kenji Tanaka, founder of Technos International College, Japan, and president of the Tanaka Ikuei Educational Foundation, is an honorary board member of the McKendree College board of trustees.

McKendree College, recognized for the second consecutive year as one of America's 100 best college buys, is a prestigious, student-centered, private, liberal arts institution located in Lebanon. Founded in 1828, McKendree is Illinois' oldest college and the oldest in the nation with continuous ties to the United Methodist Church.

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The Granite City Press-Record/Journal encourages local schools and organizations to send us photos of your activities. Preference is given to photographs (black-and-white or color) that clearly show the people involved. Multiple photos of the same event are encouraged if the photos are not duplicative.

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Belleville Area College

'98 Board of Trustees Awards Dinner

The Belleville Area College family is known for its service to students and community. It is our pleasure to announce these 1998 award recipients during April - Community College Month.

Please join us at our First Annual Awards Dinner at the Holiday Inn - Collinsville on Monday evening, May 5. Tickets are \$19.50 per person. You may make your reservations by credit card. RSVP - 235-2700, extension 518 or toll free 1-800-BAC-5131, extension 518. The dinner is open to the public.

Joseph R. Lowery, Special Recognition

Taylor Pensoneau, Distinguished Alumnus

Sharon V. L. Banjavcic, Faculty

Jann Haskins, Administrator

Sylvester Collins, Staff Member

Employee Group Winners

Carla Galle, Office and Technical

Michael Biggs, Public Safety Officer

Lucy Van Scoyk, Support Services

College Board of Trustees: Dr. Kay Bennett, Kenneth R. Joseph - vice chair, Norman S. Owca - chair, Daniel P. Politos, Nick J. Mance, Richard E. Roehrkasse, Sam Wolf and Joseph Friederich, student trustee

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HOROSCOPE

Wednesday, April 22
The metaphysical minded Pisces moon yearns to connect with all the molecules of the universe. But today, an adverse aspect of Pluto warns us not to become too mired in issues of power. It's important to balance the desire to dominate with constructive, forward motion. Don't block progress for yourself or others just to be a pain. Be a conduit for change.

TODAY'S BIRTHDAY (April 22) Recommendations, requests and favors are lucky now through July. You salvage a lost relationship on your terms. Indulge in new love

Joyce Jillson
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with a Virgo or Taurean. New jobs are offered in August. Relocating or traveling brings sudden prestige. Money comes from relatives and partners in

September. Marry in December. Return to school, or take an interesting class in winter.

ARIES (March 21-April 19) Travel plans dealing with foreign countries are lucky. Clear up communication problems now before things get totally out of hand. Your boss is paying special attention to you. Keep promises, even if they are costly.

TAURUS (April 20-May 20) Go with your instincts at work, but be more restrained with love. Money comes through real estate. Be cautious about whom you decide to trust. Your romantic efforts are more successful than ever.

GEMINI (May 21-June 21) Increased accessibility improves your social life. Job opportunities open up. Proceed immediately, and stop waiting for others to join you. When lovers are a challenge to your ego, you rise above the occasion.

CANCER (June 22-July 22) Attempts to connect on more intimate levels are most successful when they are direct. Your ideas are accepted and admired. A Libra or Scorpio presents opportunities for a stellar partnership.

LEO (July 23-Aug. 22) Don't underestimate yourself. Bargaining brings enormous rewards. You

can make positive change in your life and in the lives of others. Trust your impulses, and be proud of your abilities.

VIRGO (Aug. 23-Sept. 22) Where there was emotion, there is now action. Take an interim step in business to avert a crisis. You are beginning to accept and believe something that was unfathomable just last week.

LIBRA (Sept. 23-Oct. 22) If the big picture is confusing, concentrate on figuring out the hour-to-hour mysteries. Money flows in from artistic endeavors. Hold off on romantic decisions for one more day.

SCORPIO (Oct. 23-Nov. 21) A witty friend gives you material. Seize an opportunity, or the door will close. The changing times are reflected in a social situation. Get to the heart of a financial worry — this is not really about money at all!

SAGITTARIUS (Nov. 22-Dec. 21) Improved attitudes make

you very attractive to prospective employers. Take action, or your competition will. You once felt desire, and now, you feel affection.

CAPRICORN (Dec. 22-Jan. 19) Love is on your mind, though you try to carry on with practical matters. Touching comments get your mind reeling — contemplating your existence is motivating. Hobbies can lead to new careers.

AQUARIUS (Jan. 20-Feb. 18) Listen to suggestions from the one in charge, but act only on your own ideals. Love is met in a crowd. Family members let off the pressure, allowing you to make your own decisions.

PISCES (Feb. 19-March 20) Letting some of the busy work slide is all right for now. You get a small bonus for thinking quickly on your feet. A wishy-washy romance just needs a little more time.

Power of 'Men With Guns' lasts and lasts

By Brian Kaller

Staff writer
"Men With Guns" is a haunting film. The quiet power of its images and dialogue linger in your thoughts long after you've left the theater.

Do not be misled by the title; "Men With Guns" is not an action film. It is a fascinating journey into a very real world rarely seen by Americans, comparable to "Schindler's List" and "The Killing Fields" in its chilling depiction of the victims of ongoing war in Latin America.

This is the latest film by John Sayles, one of the most consistently interesting filmmakers in America. His films have ranged from the historical baseball movie "Eight Men Out" to the strange science-fiction comedy "The Brother From Another Planet," to the quiet drama "Passion Fish." One of his first films, "The Return of the Secaucus Seven," remains unknown despite being basically remade a few

Even when the subject matter is chilling, events are described and implied rather than shown, making them all the more powerful.

years later as "The Big Chill." His 1987 film "Matewan" is another mesmerizing look at a little-known chapter of history, the West Virginia coal wars. In 1994 he made his first children's film, the lovely "The Secret of Roan Inish," and in 1996 he was nominated for a writing Oscar for his Western mystery, "Lone Star." "Men With Guns," Sayles' first Spanish-language movie, begins with a doctor in a Latin American city. An educated and idealistic man, the doctor years earlier had trained several students to practice medicine in the poor backwaters of his country. As he nears retire-

ment, the doctor decides to visit his proteges in the jungle. He travels through the country, sees villages burned to ashes, finds communities whose residents run and hide at his approach, and meets wanderers who describe atrocities committed by men with guns.

The film builds subtly, taking unexpected turns, revealing slowly more of this world. We come to realize the atrocities committed in constant war. Sayles never specifies what country the film takes place in, or whether these marauders were ostensibly supposed

to be Contras or Sandinistas or Americans. Whatever ideology the men with guns may have once ostensibly held has been long forgotten.

In a lesser film, there would be obvious typesetting, saints and bad guys and easy solutions. Sayles never shows any character as less than three-dimensional and real, never relies on flashy camera work or obvious manipulation. He lets his spare dialogue tell the chilling story, and lets the horrors speak for themselves.

Sayles doesn't use graphic violence in the film. Even when the subject matter is chilling, events are described and implied rather than shown, making them all the more powerful. Not that this is a film for children; rather, it is one of the few films truly for grown-ups. This film takes you to a world we rarely see or hear about, but that is nearby and very real. This is a movie to seek out.

MOVIE SCHEDULES

Film timetable for Wednesday, April 22. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
170 and Hwy. 157, Collinsville, Ill. 344-7071
City of Angels (PG-13) 7:00, 9:30
Species II (R) 7:15, 9:15
Odd Couple 2 (PG-13) 7:20, 9:30
Lost in Space (PG-13) 7:00, 9:30

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill. 254-5289
City of Angels (PG-13) 4:30, 7:00
Object of My Affection (R) 4:30, 7:20
Lost in Space (PG-13) 4:10, 7:00
Titanic (PG-13) 4:00, 6:00
Species II (R) 5:00, 7:30
Major League 3 (PG-13) 4:20, 6:45

COTTONWOOD EDWARDSVILLE CINEMA
Edwardsville, Ill. 656-6390
The Newton Boys (PG-13) 7:00, 9:30
Mercury Rising (R) 7:15, 9:40
Species II (R) 7:30, 9:50

HALLS FERRY 14 CINE
2602 Target Drive, 822-4800
Players Club (R) 1:10, 5:30, 8:10
Players Club (R) 2:20, 4:30, 7:10, 9:15
Barney's Great Adventure (G) 1:55, 4:00
Primary Colors (R) 8:00
The Object of My Affection (R) 1:05, 4:55, 7:25, 9:40
Species II (R) 1:00, 5:20, 7:40, 9:35
Mercury Rising (R) 1:20, 5:25, 7:35
Major League 3 (PG-13) 1:35, 5:00, 7:25, 9:25
Ride (R) 1:15, 5:15, 8:30
Titanic (PG-13) 1:00, 5:05, 8:45
Odd Couple 2 (PG-13) 1:25, 4:50, 7:05, 9:05
My Giant (PG) 1:45, 7:05
Grease (PG) 4:10, 9:10
City of Angels (PG-13) 1:40, 4:40, 7:15, 9:30
Lost in Space (PG-13) 1:30, 4:25, 7:50
Paulie (PG) 1:50, 4:50, 7:00, 9:00

LINCOLN THEATER
103 E. Main, Belleville, Ill. 233-0123
Krippendorf's Tribe (PG-13) 7:15, 9:20
L.A. Confidential (R) 7:30
Replacement Killers (R) 7:05, 9:00

NAMEOKI CINEMA
90 Nameoki Village, 877-6630
Mercury Rising (R) 7:15
The Newton Boys (PG-13) 6:45

O'FALLON 15 CINE
190 Central Park Dr., O'Fallon, Ill. 822-4800
Titanic (PG-13) 4:10, 8:15
Titanic (PG-13) 1:00, 4:55, 9:00
Paulie (PG) 2:00, 4:00, 7:05, 9:15
Barney's Great Adventure (G) 1:45, 3:50, 5:15
The Big Lebowski (R) 7:20, 9:55
The Man in the Iron Mask (PG-13) 1:00, 4:00, 7:00, 10:00
Lost in Space (PG-13) 2:45, 5:30, 8:15
Lost in Space (PG-13) 1:15, 4:15, 7:10, 9:55
U.S. Marshall (PG-13) 1:05, 4:05, 7:10, 9:55
Object of My Affection (R) 2:35, 5:05, 7:30, 9:50
City of Angels (PG-13) 2:30, 4:55, 7:25, 10:00
City of Angels (PG-13) 1:00, 3:20, 5:40, 8:15
Primary Colors (R) 1:05, 4:10, 7:05, 10:00
As Good As It Gets (PG-13) 1:10, 5:00, 8:00
Odd Couple 2 (PG-13) 2:15, 4:30, 7:00, 9:20

QUAD CINEMA
Belleville, Ill. 233-1220
City of Angels (PG-13) 4:15, 7:00,

9:30
Titanic (PG-13) 4:30, 8:15
Lost in Space (PG-13) 4:00, 6:45, 9:40
Object of My Affection (R) 4:45, 7:15, 9:15

ROXANA CINE THEATER
Roxana, Ill. 254-6746
Grease (PG) 7:30

ST. CLAIR 10

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Players Club (R) 1:30, 4:30, 7:15, 9:25
The Apostle (PG-13) 1:20, 5:30, 8:30
My Giant (PG) 1:45, 5:15, 7:35
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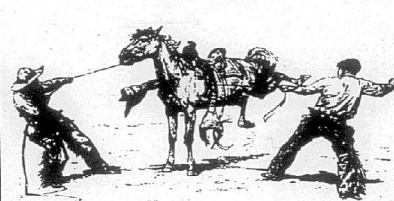
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HOME AND GARDEN

Careful selection of roofing contractor will pay off

Homeowners who wait to see water stains on their ceilings before calling a roofing contractor have already waited too long. By the time visible damage is done to the interior, structural damage already has occurred. Delay turns a simple re-roofing job into a major structural repair project.

"Considering that a roof protects home, belongings and family, it's essential to detect and attend to problems promptly," says Chuck Berk, vice president and general manager of Sears Home

Improvement Professional Services, which replaces more roofs than any other company nationwide. "The good news is that a quality roof, properly installed, lasts for many years. It's important to know when a new roof is needed, select the proper roof, and choose a roofing contractor you can trust to protect your biggest investment—your home."

When is it time to replace your roof? "If your roof is more than 10 years old, it may start showing

signs of wear," Berk explains. Loose or missing shingle, damaged flashing between the roof line and exterior walls, and cracked, curled or rotted shingles are warning signs. It's time to call in a roofing professional. "Ideally, look for one who offers a free inspection and a written estimate for the replacement work," Berk says. Popular roofing materials come in varied colors and textures. About 80 percent of American homes have organic (asphalt) or fiberglass roofs, chosen for their mix of perfor-

mance, low maintenance, versatility and price. Today's choices include shingles with textures that create handsome dimensional effects.

Choice of roof color is important, as it affects the overall appearance of the house. A light-colored roof creates a spacious look, especially when paired with a light colored house. A darker roof gives a cozy look, particularly if the home's color is also dark. For a dramatic contrast, some homeowners choose a roof very different in color from

the house. Some people prefer dark colors that absorb the sun's rays; others prefer light colors that reflect them. Because a quality roof lasts for many years, people often select a neutral tone that coordinates with most house colors. To help visualize how various selections look, consumers should ask to see the contractor's portfolio of completed projects.

The right contractor is as important as the right roof, so homeowners should ask the right questions before signing

the contract.

Does your contractor have good references and a good record?

Berk advises consumers to ask how long the contractor has been in business (an indication of the company's stability); and ask for customer and business references. "Time invested in calling references is worthwhile," Berk says. "Ask if past customers would recommend the contractor to their family and friends."

Is the contractor licensed and insured? Roofing is not work for amateurs, so don't take chances," Berk advises. "Ask to see the contractor's license and his certificates for property damage, liability and worker's compensation insurance; and call the insurance company to be sure the policies are current."

Is your satisfaction guaranteed?

Have the contractor explain what the roofing manufacturer's warranty covers, and for how long. Then, ask if the contractor stands behind it.

Wake up rooms with simplicity

Homeowners (and real estate agents alike) love to point out when a house has "character." It's a word used by those who need a positive spin for all the chips, scuffs, dents, dings and faded appearances that create that worn, lived-in look.

But many of us would gladly undertake a little "character assassination" to improve the look of our homes. "It's easy to wake up a tired house with paint by simply adding a little sheen and color to high-traffic areas," says Linda Feldman, brand manager for Dutch Boy Paint.

A small face lift, rather than extensive surgery, is what many people elect to do for areas that are subjected to much wear and tear. And they're finding that minor touch-ups help create a new look as well as add value to a home.

"For those surfaces under siege, consumers are hungry for quick and easy decorating ideas, and that's where trim paints come in," says Feldman.

Active Areas Need Protection Trim paints are popular because they not only add a shiny clean gloss to a door, window or cabinet, but they're also designed to protect these surfaces from damage and fading.

Trims are characterized by their high-gloss or gloss sheen. The higher the gloss level of the paint, the tougher the film.

According to Feldman, trim paints are best for:

- Areas that are likely to get scratched or scuffed.

- Surfaces that require much washing and stain removal.

- Surfaces that tend to attract dirt, grease and mildew.

- Areas that are likely to experience fading.

- Window trims, which are subjected to rain and standing water.

Feldman is quick to add that interior trim paints aren't just for windows and doors any more. These paints are taking on a whole new look as they're now a part of many decorative themes and techniques.

"It's not unusual to see high sheen trim paints on ceilings and windows. And they've become a desirable choice for hallways, playrooms and kitchens. It makes sense to use them wherever there's a lot of action going on," says Feldman.

And outside the home, the popularity of exterior door and trim finishes hasn't faded at all the past few years: the painting of doors and trims remains the number one do-it-yourself exterior project for consumers.

In fact, more than one-third of all exterior paint sold today is used specifically for doors and trim. The main reason is that, regardless of the substrate of the home (vinyl, brick, aluminum), there's usually a door or window that requires paint.

When selecting trim paints, consider the following:

- For exterior paints, look for products that resist peeling, cracking, blistering and fading, and have a mildew-resistant coating.

- For interior trim paints, pick one that stands up to constant scrubbing and washing without coming off.

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Poison ivy grows almost anywhere; spray can kill it

It used to be that poison ivy was a camper's nightmare. This poisonous perennial, most commonly found in the woods, is now turning up in the back yards of many homes across the country. Poison ivy grows as a low shrub or a high-climbing vine and contains a sticky oil which can penetrate the skin in minutes and create an allergic reaction. Every part of the plant from the leaves, stems and roots, to the flowers and berries is toxic.

"Perennial weeds such as blackberry and poison oak in the Northwest, and poison ivy, common in the Northeast and South, are some of the hardest weeds to control," says John Lucas, senior entomologist at AgrEvo Environmental Health.

"When it comes to removing thorny brush and weeds that can cause allergic reactions, you want to have as little contact as possible," he says.

Lucas says most people are so eager to get rid of poison ivy or oak that they may actually put themselves at a greater risk for exposure. He advises against mowing, which will scatter the seeds in the lawn or burning, which releases toxic fumes into the air.

"Hand-pulling provides an even greater opportunity for exposure to the toxin, especially since the ivy's root system is so extensive," he said.

Lucas recommends using a

product labeled to kill brush, and offers these simple tips to control poison ivy:

- Check to make sure the weeds are actively growing. This is usually early to mid-summer but will vary according to weather conditions.

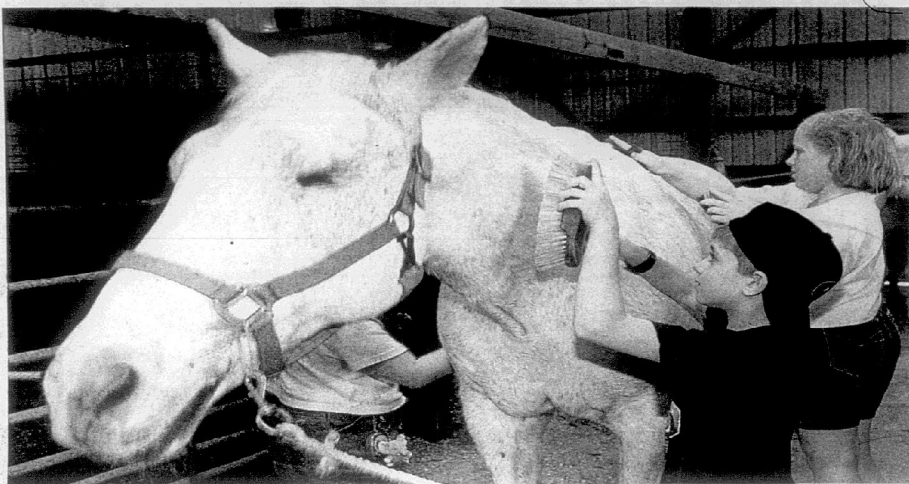
- Protect yourself from possible skin irritation by wearing gloves, a long-sleeved shirt and pants.

- For total kill of the weed — roots and all — use a nonselective brush killer. Remember to read and follow all label instructions.

- To protect nearby vegetation from being sprayed, contain any dirt with a cardboard shield. If accidentally sprayed on desired plants, wash immediately with water.

- For ivy growing in a flower bed or shrubbery, brush killer should be applied using a paint brush. When finished, wrap the paintbrush in newspaper and dispose.

- Do not spray if threat of rain is imminent.
- Be careful not to remove the dying weed too soon, as the vine may still contain some poison.
- Thoroughly wash all clothes.



(BAC photo by Linda Gass Burgess)

Gentle grooming — Willie, a 21-year-old quarter horse, relaxes as Jordan Curran of Waterloo and Stephanie Messina of Troy try their hands at good grooming techniques. The children learned their methods in Saddle U and Ridel, a Saturday Experience class offered by Belleville Area College's Red Bud campus.

Select contractor with care

Much of the natural anxiety homeowners feel in embarking on a home remodeling or repair project can be relieved if they take the time up front to select the right contractor. "Homeowners should give this decision at least as much care as they give to choosing products," Chuck Berk, vice president and general manager of Sears Home Improvement Professional Services.

"Consumers depend on the contractor's expertise to guide them through all the technical issues, and count on his integrity in working within their budgets," Berk explains. "Consumers need to remember that the contractor's crew will be in their home and around their family for the life of the project, so they should choose his company with care." Berk's recommendations:

Check For Complaints
Check whether any complaints have been registered against the contractor you are considering.

Call the local Better Business Bureau to learn if any customers have written letters or filed complaints with the BBB. Your state's Attorney General's Office can tell you if there are any unresolved complaints filed against a contractor, and your local police department can steer you clear of "scam artist" contractors facing criminal charges. If the contractor you are considering has an unresolved complaint in his file, find someone else.

Check For Rapport

When you meet with the contractor's salesperson, ask yourself if you are comfortable with this person. Do you trust the company he represents? Do you believe he knows what he's talking about? Based on those answers, do you believe his company will send you installers who also will be knowledgeable and pleasant? Will you be comfortable having this contractor in your home and around your family for the life of this project?

Check Out The Company

Will the contractor give you a complete, written description of any warranties covering the installation portion of your project? Has the company been in business long enough to assure you it will be around to honor those warranties? Can you obtain business references, and when you check them, does the contractor have a long-standing history of honoring his obligations?

Check Out The Products

Are the products the contractor wants to install in your home covered by warranties? Are they quality products, and are they what you want?

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Today's Food

Wednesday, April 22, 1998

Food & Nutrition

Wise Ways

Lean toward more soy foods to upgrade everyday eating.
INSIDE

Heart-y Bites

Burgers get modern express flavors from turkey, vegetables and Oriental seasoning.
INSIDE

Blue Ribbon Cook

Layer chicken, cheese and stuffing mix, then bake for a winning casserole with a crunchy topping.
INSIDE

Private Label Test Run

Dierbergs self-rising pizza baked on an oven rack comes up for a command performance for testers.
INSIDE

Micro Raves

Fresh asparagus is as much a part of spring as tulips and lilacs.
INSIDE

Lively Taste

Vegetables are vegetables, you say? Oh, ye of little faith. Give them sparkle by adding a spoonful of salsa, a sprinkle of tarragon—or other herb-flavored vinegar, chopped green onion, lemon juice, chopped tomato, a bit of grated parmesan cheese or a generous pinch of an herb, such as thyme, tarragon, rosemary or fresh cilantro, dill or parsley.

Health & Fitness

Medicine Chest

Testing kits to use at home continue to expand into more areas of health to alert people with warning signs between doctor visits.
INSIDE

Fresh Picks

Children can help make salad. After greens are washed and spun or blotted dry with a towel, kids can tear them into bite-size pieces. Refrigerate any extra washed lettuce in a plastic bag or covered container with a paper towel to absorb excess moisture. The darker the greens, the more nutritious they are. Maximize vegetables' flavor by not overloading them with dressing. To make vinaigrette with less fat, use vinegar over oil 2-to-1. Add a touch of brown sugar to cut the bite. If regular vinegar is too bold, try balsamic or a flavored vinegar. Top with grated carrot, chopped dried fruit or a colorful assortment of chopped peppers.

Big Fat Tip

For slaw with obvious tang and no fat, steam bagged, shredded cabbage with a warm citrus sauce. To make the sauce, bring 1 cup orange juice to a boil. Add package of shredded cabbage and carrot (5 cups) and 1 jar (2 ounces) diced pimiento, drained. Return to a boil. Add a mixture of 1 tablespoon brown sugar, 1 tablespoon vinegar and 1 tablespoon cornstarch to cabbage. Cook and stir until it becomes thickened and bubbly. Cook and stir 2 minutes longer. Makes 4 side-dish servings, 78 calories and 3 grams dietary fiber each.

Future Shop

Tradition has a place in every food, but if the passing of the ham-for-Easter season brought you glad tidings, there might be a new style better suited to your tastes. Products touted internationally include specialty hams with a crust, caraway-flavored and nut-roasted. They come seasoned with paprika, fresh garden herbs or coated in cheese, too.

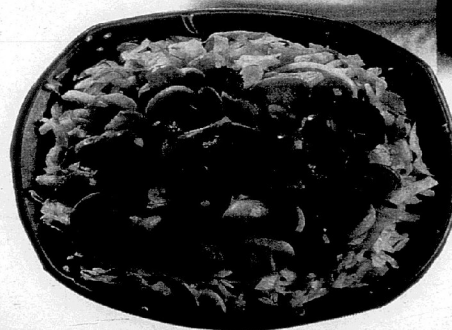
Happy B-Earth Day!

By Janice Denham
Staff Writer

Just as Fourth of July reminds people to love their country, today's celebration of Earth Day spotlights another year of caring for the earth and fellow creatures. Some people observe the day by planting a tree; others join a friend for a bean feast.

Eating lower on the food chain isn't so spartan as it sounds. Moving meat out of the spotlight or off the stage of the plate and mounting a presentation with legumes, grains, fruits and vegetables opens a treasure chest of pleasing colors, flavors and textures. They are easy to appreciate as encore performers.

Beans, like lentils and peas, are technically legumes because they grow in a pod. They are among the world's oldest foods. Because they preserve well when dried, they are authenticated at archaeological



sites, rather than relying on texts and pictures.

Beans are a part of the world's culture. Soybeans grow wild in China. The Greeks, who had a "god of beans," held a "bean feast" in honor of Apollo.

The wholesomeness of dried beans and peas for the masses has been known for centuries. Before Pliny died in the eruption of Mt. Vesuvius in 79 A.D., he recommended the chick-peas sold hot on the street as a nourishing, cheap meal for people of less means.

Brooke Dojny, author of "Full of Beans" (HarperPerennial, \$12.50), told workshop participants at the Pillsbury Bake-Off earlier this year

SEE B-EARTH DAY, INSIDE TODAY'S FOOD PAGE 2



Clean plastic bags and bottles, such as those from mustard and ketchup and syrup, become handy equipment for children's projects and foods.

Jelly can be kept in a bottle for squeezing into waves and squiggles on a plate before pancakes are laid on top. It also replaces syrup on top of pancakes. Frosting bought in a tub can be thinned and kept in one for a quick and sweet topper.

Sometimes the mixture may need thinning or warming a few seconds in a microwave oven to have a consistency that will come out the holes. Bottles with a single hole are easiest to use. An adult cooking pancakes can squeeze batter

into a hot skillet in the shape of an initial, number or design to invite young eaters to Sunday breakfast. Mashed white or sweet potatoes mixed with an egg can be squeezed out to form a pancake.

While a pastry bag with a variety of tips for different shapes may be the utensil of choice for working with thick consistencies, like pancake batter or the filling for deviled eggs, a reclosable plastic bag with the corner cut from it is an inexpensive replacement. Squeeze ingredients toward the hole, while rolling the empty side of the bag as it empties.

Kids' Cuisine

Private Label Test Run

Pizzas save rising while they bake for thick crust

Dierbergs pizzas rose for the lunch crowd as tasters munched on two rising dough varieties which cost as much \$1 less than national self-rising brands.

They were baked directly on the oven rack, according to package directions.

"I was surprised they held together so well. The filling went right to the edge of the crust and the crust didn't break or crack anywhere between the freezer and serving. They were easy to work with and the ingredients didn't have to be replaced because of shifting," the person who baked them said.

Two varieties were selected for the test. Three-meal supreme was one of five traditional varieties, the other pizza had chicken as its main ingredient.

Chicken pizza brought the most comments. Many acted like they had been born in Missouri and said "show me."

"It's highly non-traditional, but there's nothing wrong with it. The portions of chicken meat seem generous compared to other meats on pizzas. It needs a little dressing up though,

mushrooms or something that would be easy to do yourself," a tester said.

His comments matched those of another taster. "The chicken sounded a bit strange, but I actually thought it was the better of the two," she said. She admitted frozen pizza has come a long route of improvement since her mother used it as a fill-in-up treat.

One was impressed that chicken was available. "It's nice to know that you can purchase frozen pizza with chicken, rather than red meat on top," he said. He thought it tasted "great" and agreed he would like to add extras, like green pepper and onion, to the top.

The pizza's appearance impressed testers. "The nicest thing was the chicken didn't look or taste like a pressed meat. They were real chunks of white chicken meat," one said.

She also found the supreme pizza an attraction.

The three-meal deluxe almost looked like a picture-perfect pizza with the black olives, mushrooms

and meaty chunks all smothered in cheese." In spite of never ordering thick crust for herself, she liked this one. She considered the pepperoni greasy, but had compliments for the sausage.

"The sausage was great. I'd go back and buy a simple sausage one any time. The chunks of meat were almost like mini-meatballs, smothered in cheese, on a nice thick crust," she said.

Another called the vegetables on the supreme pizza "very fresh and not wimpy." She thought both crusts were "tasty, crispy and yet not tough." She liked the Dierbergs self-rising pizza better than other brands she had tried, not only for the price, but because it "tastes better, more like homemade."

Another member of the testing team shared his recipe for getting self-rising pizza baked to his satisfaction. Because he enjoys chewier crust, he cooks it about five minutes longer at a slightly lower temperature than the package directions. The results, he said, are "a nice doughy crust."

Heart-y Bites

By CINDY BERNER

Warm spring evening is magnet to grill burgers

Firing up the grill is an almost involuntary response to warm spring weather. Instead of throwing the usual burger on the grill, my sister-in-law, Kathy Waldner, has a winning turkey burger recipe her entire family enjoys.

"My husband, Dan, prefers this turkey burger over a regular hamburger because he enjoys a good hamburger," Kathy explained.

The recipe originally came from her mother-in-law who experiments with healthy low-fat recipes. Kathy didn't give it a first try on just her own family; she used it at a family barbecue, where guests gave it a skeptical review before tasting the fare.

"The turkey burgers went over so well that people were going back for seconds and asking for the recipe," she said. At first, experimenting with turkey burgers requires a new mode of thinking. It starts with ground turkey. Turkey is available with white and dark meat or, better, ground with only breast meat. The best bet for finding all-white ground turkey is in the fresh poultry section. It may be positioned near the ground beef, too. If it doesn't say it is turkey breast (white meat), it probably has the dark meat and even fatty skin ground into it.

Frozen ground turkey can be kept in the frozen foods section. Frozen turkey burgers also are available,

but usually have a higher fat content than homemade patties.

Safely handling ground meat, beef or poultry, is a must. Washing hands before preparing patties, cooking meat thoroughly until it is no longer pink and washing all surfaces in contact with meat are musts for the safety of those who eat it.

Another element of safety precludes burgers cooked to rare, a common practice at home for beef burgers. This practice should be discarded.

For diehard meat eaters accustomed to sinking their teeth into a big, juicy hamburger, the thought of a beefless burger may not be inviting. This turkey burger is an example of making a healthy change without noticing a big difference from everyday fare. Relative to a 3-ounce cooked extra-lean ground beef burger, this 3-ounce poultry burger comes in 4 grams lighter in fat.

The flavor of soy sauce, celery, onion and orange mesh with the meat in this recipe to make up flavor lost by losing some fat. It comes up juicy with a slightly oriental flavor much. Because it has less fat, the burger may stick a little more, so coating the grilling surface with nonstick cooking spray before setting it over the coals can help. It should be cooked until done, which may take less time, but not overcook.

For those inclined to eat burgers for extras, like

dripping ketchup and mustard, melt a slice of reduced-fat Swiss cheese on top of the patty before taking it off the grill and serve it on a bun of choice.

Registered dietician Cindy Berner is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

American Heart Association representatives are conducting supermarket tours throughout the metropolitan area through June. For more information or reservations, call 45-HEART. Free recipes and food products will be distributed.

TURKEY-CELERY BURGERS

- 1 lb. ground turkey breast
- ¾ cup finely chopped celery
- ½ cup chopped onion
- ¼ cup plain bread crumbs
- 2 tbsp. soy sauce
- 1 tsp. frozen orange juice concentrate, thawed

Combine ground turkey, celery, onion, crumbs, soy sauce and juice. Shape into 4 patties.

Grill 4 to 5 minutes per side until patties are no longer pink inside.

Makes 4 patties; 136 patties, 1 g fat, 589 mg sodium and 50 mg cholesterol each. Note: For less sodium, use reduced-sodium soy sauce. Finely chopped mushroom or carrot can be used in place of celery.

Medicine Chest

By REBECCA COLEY

Market expands for ease of testing with home kits

The home test kit market is growing with 1998 sales estimated to reach almost \$1.7 billion. Because most pharmacists support the proper use of home test kits, they can be valuable sources of information on the various kits available.

Home test kits offer convenience, with the user controlling conditions of using them. It is extremely important though that these home test kits not replace a visit to a physician. They should be used in conjunction with a conversation with a doctor or pharmacist.

The U.S. Food and Drug Administration usually must scrutinize home test kits. Devices around for some time include glucose monitors, blood pressure monitors, thermometers and home pregnancy tests. A growing market of new kits test for osteoporosis, blood in the stool, urinary tract infections and HIV.

A new entry into the market tests for urinary tract infections.

There are two products: UTI Home Screening Test kit (Consumers Choice Systems) and HealthCheck Urinary Tract Infection Screening Test (Health-Mark Diagnostics). Priced at less than \$10, they provide results within 1

minute. Any positive test should be referred immediately to a physician for proper follow-up treatment.

Recently the market saw the introduction of Parents Alert (ChemTrak), a test that detects LSD, ecstasy, marijuana, opiates, cocaine/crack, amphetamines, methamphetamines, benzodiazepines and barbiturates. Results from the urine sample, which must be shipped away, follow in three to five business days. It costs about \$50.

Also available is the ColoCare home test kit, which detects early warning signs of colorectal disease. CholeTrak measures blood cholesterol for less than \$15.

Technology will continue to expand the scope of home testing. Proper use of these tests followed with candid discussion with a professional leads to more informed healthcare decisions.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@htsmail.com or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Food writers host discussion

Food writers and monthly magazine columnists Jane and Michael Stern will host an evening's discussion of the way cuisine distinguishes one urban community from another from 7 to 9 p.m. May 14 at the Library and Research Center of the Missouri Historical Society, 225 S. Skinner Blvd.

It is the final segment of "Celebrating the City," its 1997-98 Urban Forum/Where We Live series, which focuses on the local, national and international scope of urban art and culture.

Eating as a universal cul-

tural expression indicates class and culture. It links people across space and time, connecting not only family members but any people who share racial, ethnic, economic, religious and regional backgrounds.

The Sterns' monthly column in Gourmet Magazine explores the way eating habits, preferences and content are affected by lifestyle. Many of their books, including "Roadfood: A Taste of America" and their newest, "Eat Your Way Across the USA," touch upon this same issue.

The Missouri Historical Society's promotional co-sponsor for the series is the Regional Commerce and Growth Association. The series is co-sponsored by the Washington University American Culture Studies Institute, the Department of Urban Specialization at Harris-Stowe State College, East-West Gateway Coordinating Council, Saint Louis University's Department of Public Policy Studies and the American Institute of Architects-St. Louis.

For more information on the Sterns' program, call 361-9265.

B-Earth Day

Continued from page 1C. beans were eaten parochially until recently.

"Black, limas and other common beans were grown originally for most of this last century as a crop to replenish soil. There was a little money to be made in harvest, but it was mostly a throw-away crop," she said.

She points out a big change on the bean scene: the growth of heirloom beans which languished for centuries in pits, tombs, vaults, jewelry boxes, attics and basements.

Growers specialize in germinating single plants from two or three seeds in an effort to bring back these genetically-diverse strains.

New names like black valentine, snowcap, mortzapple join cranberry, fava and mung beans in marching through the world's cuisines.

Dojny says there are many reasons for bean's popular resurgence.

Their high protein coupled with low fat puts them at the top of many lists of

favorites. Some studies indicate they have a cholesterol-reducing effect.

"They haven't been called a 'perfect food' for nothing," she says.

Their high fiber, part of the reason they are so healthful, and a complex sugar, causes a digestive problem for some people when the sugar breaks down into flatulence in the intestine, instead of being processed in the stomach. Older people not used to eating high-fiber foods digest them better as they add them gradually in small amounts to everyday eating.

Dojny says conventional wisdom advises hearty rinsing of the soaking liquid helps, but informal research does not find it helpful.

She suggests cooking beans thoroughly, because tender beans are more digestible. Her motto is to eat more beans, too, because cultures that routinely eat a lot of them gradually develop a tolerance for what is affectionately known as "Mexican

stomach."

She has other tips for cooking with beans:

- Age is crucial to cooking beans. Dried beans should be cooked within a year of drying. Packing or drying dates are not given on packages, so they should be bought where there is high turnover.
- If beans are cooked in water high in minerals, they take longer to rehydrate. Large beans, like

garbanzos and limas, take longer than small beans, like pintos. Split peas and lentils take as little as 30 minutes to cook.

• Store them in a cool place so they do not dry out more.

• Dojny lives by the "do not presoak" school of cooking beans. "Presoaking hastens cooking time by maybe 25 percent and rehydration is more uniform without it," she found in

researching her book.

• Do not add an acidic ingredient — like tomato, vinegar or lemon — until

beans are cooked. Vinegar complements their flavor, but it should be added at the end.

ASIAN-FLAVORED MUSHROOMS

- 3 tbsp. oil
- 10 oz. fresh mushrooms, halved or quartered (about 3½ cups)
- 2 tsp. minced garlic
- 1 cup water
- ¼ cup teriyaki sauce
- 2 tbsp. cornstarch
- 4 cups broccoli florets
- 1 cup green onion (scallion), cut in 1 inch pieces
- 1 cup small radishes, cut in half
- 1 pkg. (16 oz.) coleslaw mix (about 6 cups)

In large skillet in 2 tablespoons hot oil, cook mushrooms and mushrooms are tender.

Combine water, teriyaki sauce and cornstarch. Stir into mushrooms. Cook and stir about 2 minutes until sauce is clear and slightly thickened.

Add broccoli, green onion and radishes. Return to boil. Cook and stir about 3 minutes until vegetables are tender. Remove from heat and keep warm.

In medium skillet, add remaining 1 tablespoon oil and coleslaw mix. Cook and stir about 2 minutes until cabbage begins to wilt.

Serve mushroom mixture over coleslaw on layer of rice or noodles.

Yields 4 servings; 225 calories, 9 g protein and 12 g fat each (without rice or noodles).

VEGETARIAN SLOPPY JOES

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 3 cups cooked brown rice
- 2 cans (16 oz. each) Mexican-style pinto beans (or chili beans)
- ¾ cup hickory barbecue sauce
- 4 to 6 whole grain buns

In large skillet over medium-high heat, cook onion and green pepper in hot oil 2 to 3 minutes. Add rice, beans and barbecue sauce. Simmer 10 to 15 minutes until heated through.

Serve on buns. Makes 4 to 6 servings; 672 calories, 24 g protein, 10 g fat, 125 g carbohydrate, 17 mg cholesterol, 1,245 mg sodium and 12 g dietary fiber each, based on 4 servings.

Today's Food

Fruit cocktail revived with more than cherry

Summer seems like the time for fresh fruits and vegetables, but fresh produce is available throughout the entire year. With abundant imports and new shipping and storage techniques by the fresh produce industry, it is easy to find fresh fruits and vegetables year-round.

Eating more salads is a delicious way to incorpo-

rate an assortment of fresh vegetables and fruits into spring meals.

New and improved fruit salads use colorful fresh produce available locally. They combine leafy greens with citrus fruit, grapes, apple and banana.

Because the best salads rely on fresh seasonal ingredients, choose items that look most appealing to

eat and the flavor will be unmatched. Most varieties can be traded when extra-fresh ingredients are available.

FRUITS LACED WITH NECTAR

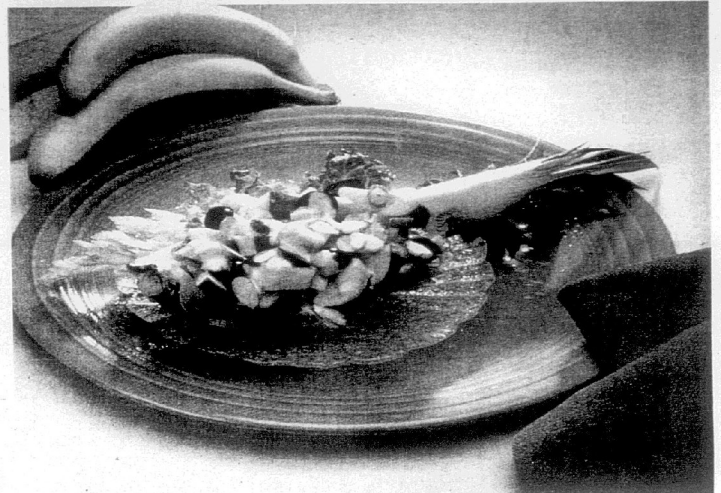
- 1/4 cup honey
- 2 tbsp. fresh lemon juice
- 1/2 tsp. finely grated lemon peel
- 1/4 tsp. finely grated orange peel
- 1/4 tsp. finely grated fresh or ground ginger
- 4 cups assorted fresh fruits, such as seedless grapes, raspberries, blackberries, blueberries, sliced peaches, plums or nectarines

In small bowl, whisk together honey, lemon juice and peel, orange peel and ginger.

Decoratively arrange cut-up fruits on serving platter, in large bowl or individual serving dishes. Pour nectar over fruit before serving. Makes 4 to 6 servings.

TUSCAN HAM SANDWICH

Spread 2 slices sourdough or Italian bread with pesto. Layer slices of ham, provolone cheese and thinly sliced tomato. Serve grilled or plain. Before grilling, brush olive oil lightly on outer sides of bread.



Seasons change, but the tradition of fruit salad swings from one high gear into another.

Recipe

PORK MEDALLIONS WITH DIJON-DILL SAUCE

- 8 oz. pork tenderloin
- 1/2 tsp. garlic salt
- 1/8 tsp. pepper
- 1/4 cup plain yogurt
- 2 tsp. Dijon mustard
- 1/4 tsp. dill weed

1/4 tsp. sugar

Cut pork crosswise in 4 pieces. Place each piece cut-side down on flat surface, cover with waxed paper and flatten gently with heel of hand until 1/4-inch thick.

Panbroil pork in nonstick frying pan over medium heat 3 to 4 minutes per side. Remove medallions to warm platter. Season with

garlic salt and pepper on both sides. Combine yogurt, mustard, dill weed and sugar. Serve with pork. Makes 4 servings.

Note: To serve sauce warm, place mixture in heat-proof measuring cup and warm in hot (not boiling) water 2 to 3 minutes. Do not cook or let curdle.

WARM SALAD WITH TART-SWEET DRESSING

- 1 lb. fresh asparagus, trimmed
- 1 can (6 oz.) pitted ripe olives
- 1/4 cup barbecue sauce
- 1/4 cup frozen orange juice concentrate
- 1/2 tsp. dry basil
- 12 oz. mesclun (field lettuce) or other greens mixture

2 cups (8 oz.) sliced radishes
6 oz. Jarlsberg regular or lite cheese, cubed (half can be curls made with cheese plane)
Fresh basil for garnish, if desired

Cut off 3-inch asparagus tips. Slice remainder in 1-inch pieces. Drain olives, reserving 1/2 cup liquid. For dressing, mix barbecue sauce, orange juice concentrate and basil. Divide lettuce between 4 to 6 plates. Heat large heavy skillet

coated with nonstick cooking spray until very hot. Cook asparagus, covered, 2 minutes.

Add reserved olive liquid, olives and radishes. Cook over high heat, uncovered, 2 to 3 minutes until liquid has evaporated.

Remove from heat. Stir in dressing. Divide half the cheese cubes over lettuce. Cover with hot vegetable mixture. Top with remaining cheese (curls). Garnish with basil. Serve at once. Makes 4 to 6 servings.

WALDORF SPRINGTIME SALAD

- 1 whole pineapple
- 2 bananas, peeled, cut in half-moon wedges
- 1 apple, cored, cut in small chunks
- Juice of 1 medium orange (use zest in dressing)
- 2 ribs celery, cut in 1/4 inch slices
- 1 cup seedless grapes, halved
- 1/2 cup sliced almonds
- Salt and freshly ground pepper, if desired
- 8 lettuce leaves
- Orange Dressing

Keeping stem of pineapple attached, quarter fruit lengthwise. Remove fruit carefully from shell; cut in bite-size pieces.

In large bowl, toss banana and apple with orange juice. Add pineapple, celery,

grapes and almonds. Toss well to combine. Season with salt and pepper. Gently fold in dressing to coat thoroughly.

Line each quartered pineapple shell with 2 lettuce leaves. Scoop fruit mixture into pineapple boat. Serve at once.

Orange Dressing: In small saucepan over high heat, bring 1 cup orange juice to boil. Reduce heat slightly. Cook, stirring occasionally about 25 minutes until reduced to very thick syrup (about 3 tablespoons).

In bowl, mix 1/2 cup nonfat mayonnaise or plain yogurt with 1/2 cup light sour cream. Stir in 2 tablespoons lime juice, 2 tablespoons orange syrup and zest of 1 orange. Refrigerate up to 4 hours. Makes 1 cup.

Makes 4 servings; 380 calories, 11 g fat, 65 g carbohydrate, 7 g protein, 412 mg sodium and 7 g dietary fiber each.

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BEEF CUBE STEAKS OR PORK CUTLETS \$1.00 EACH

Today's Food

Sunday supper puts easy chicken in the pot

Chicken is an ideal center-of-the-plate choice for dinner. Home-cooked chicken dishes are year-round flavor favorites.

Greek-Style Braised Meatballs are made with chopped chicken in the oven for easy cookin'.

A white sauce with a hint of lemon and traditional

Greek garnishes put new life into spaghetti night.

Chicken Carbonnade is another comfort food full of flavor to warm the soul and soothe the taste buds.

Made with a sweetened onion sauce and served atop noodles, this chicken dish satisfies the family.

CHICKEN CARBONNADE

- 2 lb. mixed skinless chicken parts
- 1 tbsp. butter or margarine
- 5 tbsp. flour
- 6 medium onions (2½ lb.), sliced in thin wedges
- ¼ cup dark brown sugar
- 1 cup dark beer
- 1½ cups chicken broth
- ¼ tsp. cloves
- 2 bay leaves
- 1 large strip lemon peel
- ½ tsp. salt
- ¼ tsp. freshly ground pepper
- 1 tbsp. chopped fresh parsley

In large nonstick soup pot or deep skillet, melt butter over medium-high heat.

In large bowl, toss chicken in 2 tablespoons flour until

coated. Brown chicken on all sides in soup pot. Remove chicken.

Add onion and brown sugar to pot. Reduce heat to medium. Cook 15 to 20 minutes, stirring often, until browned and sweet. Stir in remaining 3 tablespoons flour.

Add beer, broth, cloves, bay leaves and lemon peel. Bring liquid to simmer. Add chicken. Reduce heat to very low. Simmer, covered, 30 minutes.

Remove chicken. Simmer sauce 20 minutes longer.

Reheat chicken in sauce. Season with salt and pepper. Sprinkle with parsley.

Serve with buttered noodles.

Makes 4 servings; 391 calories each.

GREEK-STYLE BRAISED MEATBALLS

- 1 lb. ground chicken
- 3 tbsp. uncooked rice
- 2 tbsp. minced dill
- 2 cloves garlic, chopped
- 1 egg
- 1 tbsp. plus 2 tsp. chopped parsley
- ½ tsp. salt
- 2 tbsp. butter or margarine
- ¼ cup flour

- 1 can (14.5 oz.) chicken broth
- Zest and juice of 1 lemon
- Salt and white pepper to taste, if desired
- ½ cup crumbled feta cheese
- 2 tbsp. chopped Greek olives

Combine chicken, rice, dill, garlic, egg, 1 tablespoon parsley and ½ teaspoon salt by hand. Form into walnut-size balls; mixture will be soft. Refrigerate meatballs while preparing sauce.

Preheat oven to 375°. In ovenproof saucepan, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in chicken broth, lemon zest and juice. Bring to simmer. Season with salt and white pepper.

Gently put meatballs into sauce. Bake, covered, in preheated oven 40 minutes.



Meatballs made with ground chicken are an easy meal oven-braised in a sauce and garnished Greek-style.

Recipe for banana bars ripens today

For those who missed the entire mixing method in Banana Orange Bars last week, it is reprinted in its entirety. The Journal regrets the error.

BANANA ORANGE BARS

- ½ cup reduced-fat margarine
- ¾ cup packed brown sugar
- 3 extra-ripe bananas, mashed (about 1½ cups)
- 2 eggs
- ½ cup orange marmalade or peach preserves
- 1 tsp. vanilla
- 2 cups flour
- ½ cup chopped walnuts or pecans
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt

- 1 cup confectioner's sugar
- 5 tsp. orange juice

Preheat oven to 350°. Coat 13-by-9-inch baking pan with nonstick cooking spray.

Beat together margarine and brown sugar. Stir in banana, eggs, marmalade and vanilla. Mix until well blended.

Stir together flour, walnuts, baking powder, baking soda and salt. Stir into banana mixture until well blended.

Pour batter into prepared pan. Bake in preheated oven 30 to 35 minutes until lightly browned. Cool.

Stir together confectioner's sugar and orange juice. If too thick to pour, add a couple drops orange juice or microwave on high power 10 seconds. Pour over top.

Cut in bars.

Recipe

HAM POLENTA DIJON

- 3 cups water
- 1 cup yellow cornmeal
- 1 cup (4 oz.) shredded Swiss cheese
- 1 cup (6 oz.) diced fully-cooked ham
- ½ cup Dijon mustard
- 2 tsp. chopped fresh parsley
- Oil

In saucepan over high heat, heat water to boil. Slowly whisk in cornmeal. Reduce heat. Cook, 8 to 10 min.

Remove from heat. Stir in cheese, ham, mustard and parsley. Pour polenta into lightly greased 8-by-4-inch loaf pan. Refrigerate, 4 hours. Unmold. Cut polenta in 10 slices. In large skillet over medium heat, brown both sides of polenta.

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Today's Food

PORK CHOPS AND WILD RICE

Sprinkle 4 extra-lean pork

chops (½-inch thick) with paprika.
Pour 1 package (6.2 ounces) long grain and wild rice mix into 13-by-9-inch baking

dish. Stir in 2 cups water and 1 package (16 ounces) frozen Oriental vegetables. Place chops on top of rice mixture.

Bake, covered, in preheated 350° oven 50 to 60 minutes until chops are tender. Yields 4 servings.

50 LB. FREEZER SPECIAL
10 LBS. GROUND BEEF 5 LBS. PORK CUTLETS
10 LBS. 1/4 LOIN PORK CHOPS 5 LBS. ROUND STEAK
10 LBS. CHICKEN LEG 1/4'S 5 LBS. CHUCK STEAK
5 LBS. PORK SAUSAGE

50 LBS. MEAT FOR

\$59⁹⁵

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89^c PKG.

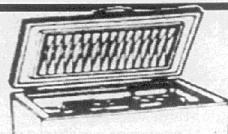
12 OZ. OSHEE WIENERS.....
ECKRICH SMOKED SAUSAGE.....

\$1⁹⁹ LB.

BONELESS CHUCK STEAK.....
FAMILYPAK STEW BEEF.....

\$1⁵⁹ LB.

\$1⁷⁹ LB.



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RIBLETS

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5 LBS. CHARCOAL STEAK 5 LBS. SPARE RIBS

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Edible yard flowers, from common pansies and violets to later-blooming daylilies and roses, are part of the menu for the GardenExpo at the Missouri Botanical Garden.

Botanical Garden party serves plate of greens, flowers

The wall between the garden and the kitchen is transparent as glass during the GardenExpo at Missouri Botanical Garden the next three weekends.

This week's theme is "Growing Wild," as the Kemper Center at the garden, 4344 Shaw, tries to build the largest bouquet to earn a place in the Guinness Book of World Records. Each day's activities include an inspiring array of demonstrations, hands-on workshops, tours of specific gardens, a kid's corner and cooking classes.

all kinds of flavor ways, from jelly and cake to wine and punch.

No reservations are necessary for the events, which are free with admission to the garden and run from 10 a.m. to 5 p.m. each day. Seating will be on a first-come, first-serve basis.

Those who have an untended crop of violets in their yard can make jam. The violets must not have been sprayed with a fungicide or anything that can cause harm.

Start by packing as many blossoms as possible into a 1-cup measure. Although the entire flower is edible, the white base where it is attached may have a stronger flavor, so it is best, if necessary, to sample and discard this part.

In a blender, combine the violets with ¾ cup water and the juice of 1 lemon until the mixture becomes smooth and violet-colored. Slowly add 2½ cups sugar, while blending thoroughly until the sugar is completely dissolved.

Stir 1 package dry pectin into ¾ cup water. Bring to a boil and boil 1 minute. Add to ingredients in blender. Blend 1 minute.

Pour into sterilized jars. Refrigerate or freeze, or process in boiling water bath 5 minutes.

Recipe

SPRING PEA AND MUSHROOM SALAD

- 1 pkg. (10 oz.) frozen peas, slightly thawed
- 12 oz. fresh mushrooms, sliced (about 4 cups)
- 1/2 cup sliced radishes
- 1/2 cup creamy Caesar salad dressing
- 2 tbsp. minced fresh chives or sliced green onion
- 2 tbsp. grated parmesan cheese
- 1/4 tsp. salt

Leaf lettuce, wedges of hard-cooked egg and more chopped chives, if desired

In medium saucepan, bring 1 inch water to boil. Add peas. Simmer about 3 minutes until nearly tender. Drain and rinse in colander under cold water.

In large bowl, gently stir peas, mushrooms, radishes, chives, parmesan cheese and salt with dressing until coated.

GREEK RICE AND BEANS

- 1 can (10 oz.) diced tomato and green chiles
- 2/3 cup reduced-sodium chicken broth
- 1 cup uncooked long grain rice
- 2 tbsp. olive oil
- 10 oz. fresh mushrooms, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (15 oz.) garbanzo beans (chick-peas), drained
- 4 oz. fresh spinach, trimmed
- 4 oz. feta cheese, crumbled
- 1 tsp. oregano
- 1 tsp. chopped fresh mint
- 1 tsp. lemon juice
- 1/4 tsp. salt

In medium saucepan, heat undrained tomatoes and chicken broth to boil. Add rice. Heat to boil. Reduce heat. Simmer, covered, 20 minutes or until liquid is absorbed.

In large skillet, saute mushrooms, onion and garlic in hot oil 8 to 10 minutes until vegetables are tender. Stir in rice, beans, spinach, feta, oregano, mint, lemon juice and salt. Cook 1 to 2 minutes over medium heat until spinach is just wilted.

Today's Food

Blue Ribbon Cook

Creamy chicken fits under a crispy top

Carolyn Dickmann, Richmond Heights, is this week's winner of dinner certificates to the Pasta House Co. for Crispy Layered Chicken Casserole.

CRISPY LAYERED CHICKEN CASSEROLE

- 1/4 cup (1/2 stick) margarine
1 box (6 oz.) chicken-flavored stuffing mix
3 cans (15 oz. each) mixed vegetables, drained, reserving 3/4 cup liquid
1 can (10 1/2 oz.) cream of chicken soup
1 to 1 1/2 cups cooked, cubed chicken
1 cup (4 oz.) shredded mozzarella cheese

She put together two family favorites to come up with this tasty casserole. Not only does it fit the criteria of using six ingredients, but she suggests sev-

Preheat oven to 350°.
Melt margarine. Mix with contents of seasoning packet from stuffing. Stir in bread crumbs from mix until slightly moistened.
Combine soup and reserved liquid from vegetables. Mix well. Add vegetables and chicken.
Spread chicken mixture in ungreased 13-by-9-inch casserole dish. Sprinkle with cheese. Spread moistened stuffing mix on top.
Bake, covered, in preheated oven 20 minutes. Remove cover. Bake 5 to 10 minutes longer until topping is browned.
Yields 6 to 8 servings.

eral variations within those parameters to help make the recipe more efficient or pleasing to individual tastes.

This month's Ham-It-Up Recipe Contest continues until April 30. Any type of easy-to-make recipe that uses fully-cooked ham will be accepted. It can be a recipe to use at any meal, including brunch, such as a soup or chowder, appetizer, sandwich, side dish or main dish.

Send a single recipe to: Ham-It-Up Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

Each Wednesday in May a winner will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original.

That means there will be four winners.

Wise Ways

Soy pops up in foods

The good news about soy and its positive health effects continues to mount. Accumulating research links soy consumption to reduced cholesterol, improved bone health, reduced cancer risk and possible lessening of menopausal symptoms. Isoflavones unique to soy seem to be an important part of the equation.

There is no reason to believe in "magic bullets," but eating more soy food certainly would not hurt and probably would help on the path of healthy everyday eating.

Believing does not translate automatically into doing, even at my own table. It takes a while to get familiar enough with new foods or ingredients to use them well. One of the best techniques I have found is to use the new food in a familiar product.

Lasagna works well for adding soy because tofu substitutes perfectly for the

ricotta cheese. Ground beef-like textured soy protein granules (TVP).
Registered dietitian Cynthia Fauser is nutrition spe-

EASY MICROWAVE LASAGNA

- 1 pkg. (12 oz.) frozen textured vegetable protein "crumbles" (or dry equivalent reconstituted)
1 jar (32 oz.) spaghetti sauce
1 pkg. (10.5 oz.) soft tofu
1 egg
1/2 cup water
8 to 10 uncooked lasagna noodles
2 to 3 cups (8 to 12 oz.) shredded mozzarella cheese

Add TVP crumbles to spaghetti sauce. Let stand while combining other ingredients.
In small bowl, mix together tofu, water and egg. Beat

cialist for University Extension (University of Missouri system) in St. Louis County.

well.
In bottom of 13-by-9-inch microwave-safe dish, spread small amount of spaghetti sauce mixture to keep noodles from sticking. Break uncooked noodles into dish to fit, making one layer. Pour half the tofu mixture over noodles, top with half the spaghetti sauce. Sprinkle half the cheese on top. Repeat layers.

Cover dish tightly with lid or wrap both ways with plastic wrap for a tight fit. Cook on high power 8 minutes. Cook 32 minutes longer on medium-high power. Let stand 15 minutes before serving.

Yields 12 to 15 servings; about 240 calories, 15 g protein, 18 g carbohydrate and 11 g fat (5 g saturated).

Micro Raves

By BARB GRAY

Plenty of asparagus available

The first asparagus appears in early spring and a brief second crop is available in late summer, but the season for the most delicious is now through June. Asparagus of any size can be tender, but it is best to buy spears of uniform size so they microwave more evenly.

A sister in the lily-of-the-valley family, asparagus is the fifth most popular vegetable in the U.S. The name comes from a Greek word meaning "stalk" or "shoot."

Certified family and consumer scientist Barb Gray specializes in microwave cooking.

ASPARAGUS SHERRY CAKE

- 3 cups sifted flour
2 tsp. cinnamon
1 1/4 tsp. salt
1 tsp. baking powder
1 1/2 tsp. baking soda
1 cup oil
2 cups granulated sugar
3 eggs
1 tsp. vanilla
1 tsp. lemon peel
4 tsp. cooking sherry
2 cups finely diced asparagus
1 1/2 cups chopped pecans
1/2 cup chopped dried sweetened cranberries
1/4 cup confectioner's sugar
1 tsp. milk

Soak cranberries in hot water 15 minutes. Drain well.

Coat microwave-safe tube pan with nonstick cooking spray. Sprinkle with a little granulated sugar.

Combine flour, cinnamon, salt, baking powder and baking soda. Mix well.
Beat together oil, sugar and eggs. Add vanilla, lemon peel, sherry and asparagus. Fold in dry ingredients. Mix well. Add pecans and cranberries.

Pour batter into prepared pan. Microwave on medium-high (70 percent) power 12 minutes. Check for doneness; cake loosens around side of pan and should be dry, not sticky, on top.

Cool on solid surface 10 minutes. Place cake on cake pan to cool thoroughly.

Combine confectioner's sugar with milk to make thin frosting. Drizzle over cake. Makes 12 servings.

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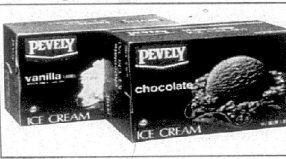
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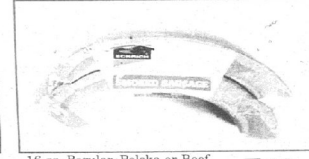
1/2 Gallon Assorted Varieties
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Today's Food

Today mom's casserole might taste different

By Dana Jacobi
Correspondent

Casserole suppers are more than a quaint bit of culinary nostalgia from the days of molded gelatin salads and mile-high chiffon pies. While the first American casseroles date back to the beginning of this century, these one-dish suppers are still extremely popular.

By emphasizing small portions of lean meat, a variety of vegetables and whole grains, today's newly slimmed-down recipes help make casseroles a part of daily eating that health experts, including the American Institute for Cancer Research, recommend for better overall health and lower cancer risk.

Technically, "casserole" refers to both a particular kind of dish and what is prepared in it. A casserole has traditionally consisted of a variety of cut-up ingredients combined with a starch — such as noodles, potatoes or rice — doused with a soupy liquid and baked in the oven.

Tuna Noodle Casserole,

quintessentially American, is as familiar as international dishes like lasagna, moussaka and pasito and American regional favorites of shrimp Creole and tamales.

The casserole first appeared in 1903. It was a recipe for chicken seasoned with ketchup, mushrooms and sherry wine baked in a covered dish. By 1916, Campbell's was making canned soups and promoting their use in casserole recipes.

During the Depression, casseroles became a hit by transforming low-cost ingredients into a hearty meal for a whole family. Their biggest boost came in 1934, with the introduction of condensed cream of mushroom soup. From then on, through the days of the Lindy hop and "I like Ike." Even in the '60s, I was courted by a sweet-talking writer from Atlanta who served me an impressive casserole of creamy chicken with artichoke hearts and mushrooms flavored with sherry. Sheltered by a mother who always cooked

from scratch, I had no idea this seductive casserole was a Southern classic. Dana Jacobi — author of "Best Claypot Cooking" and "The Natural Kitchen, Soy!" submits this material for the American Institute for Cancer Research in Washington, D.C.

SPANISH CHICKEN AND RICE CASSEROLE

- 1 1/2 cups uncooked arborio or other short-grain rice
- 1 small onion, chopped
- 1 tsp. extra virgin olive oil
- 1 can (14 1/2 oz.) stewed tomatoes
- 1 to 1 1/4 cups reduced-sodium chicken broth
- 1 tsp. paprika
- 1/2 tsp. oregano
- 1/4 tsp. freshly ground pepper
- 1 jar (7 oz.) roasted red peppers, drained, chopped
- 2 medium skinless, boneless chicken breasts (about 1 1/4 lb.), cut in 1 inch pieces
- 1 bay leaf
- 1/2 cup frozen green peas

Preheat oven to 375°.

In 2-quart casserole, combine rice, onion and oil. Add undrained tomatoes, 1 cup broth, paprika, oregano, ground pepper, roasted peppers and chicken. Mix together.

Bake, covered, in preheated oven 30 minutes. Stir in peas. If needed to keep rice from sticking, add remaining 1/4 cup broth.

Bake 15 to 20 minutes longer until chicken is cooked through.



Fresh spinach is delectable food of spring.

Greens color the earth

Greens are an obvious choice for a food that offers taste and nutrition, yet does not break the bank.

The peppery taste of arugula is delicious in salad. Belgian endive has a pleasant bitterness that is good steamed or in salads or gratins. Try the distinct flavor of escarole steamed, in soup or mixed with milder greens in salad. Kale is pleasantly pliant steamed, sautéed or boiled, while the sharp flavor of radicchio is best used in salad. Sorrel adds a tart touch to salad and soup while watercress provides spicy flavor to soup, salad and traditional tea sandwiches.

Because nutrients leach out into cooking water, steam, sauté or stir-fry greens briefly until just tender and serve immediately.

For a free guide to vitamins and minerals found in many foods, write to: American Institute for Cancer Research, Department VG, P.O. Box 97167, Washington, D.C. 20090-7167.

Registered dietitian Melanie Folk is director of nutrition education for the AICR in Washington.

CHINESE SPINACH WITH MUSHROOMS

- 1 tsp. olive oil

- 1 tsp. toasted sesame oil
- 1 1/2 cups sliced mushrooms
- 1 Vadalia onion, thinly sliced
- 2 cloves garlic, sliced
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, squeezed dry
- 1/2 tsp. minced ginger root
- 2 tsp. soy sauce

In medium saucepan over low heat, warm olive oil and sesame oil. Sauté mushrooms, onion and garlic 15 to 20 minutes until onion and mushrooms are soft.

Add spinach, ginger and soy sauce. Cook, covered, 10 minutes or until spinach is hot.

Makes 4 servings, 62 calories and 3 g fat each.

Recipe

CINNAMON-TOPPED FRUIT SCONES

- 1 1/2 cups flour
- 3/4 cup wheat germ
- 1/4 cup plus 1 tbsp. sugar
- 1 tsp. baking powder
- 1/2 cup margarine, chilled
- 1 cup diced, dried mixed fruit
- 1/2 cup skim milk
- 2 egg whites, lightly beaten
- 1/4 tsp. cinnamon

Preheat oven to 400°. Combine flour, wheat germ, 1/4 cup sugar and baking powder. Cut in margarine until mixture resembles coarse crumbs. Stir in fruit. Add combined milk and

egg whites, mixing until just moistened. On ungreased cookie sheet, pat into 10-inch circle. Sprinkle with combined 1 tablespoon sugar and cinnamon.

Cut in 10 wedges, but do not separate. Bake in preheated oven 12 to 16 minutes until light golden brown.

Cool slightly. Break apart. Serve warm with fruit spread or honey, if desired. Makes 10 servings; 240 calories, 7 g fat, 240 mg sodium, 37 g carbohydrate, 6 g protein and 2 g dietary fiber each.

Note: If desired, dried cherries, cranberries, blueberries or raisins can replace mixed fruit.

Recipe

GREEK RICE AND BEANS

- 1 can (10 oz.) diced tomato and green chiles
- 3/2 cup reduced-sodium chicken broth
- 1 cup uncooked long grain rice
- 2 tbsp. olive oil
- 10 oz. fresh mushrooms, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (15 oz.) garbanzo beans (chick-peas), drained
- 4 oz. fresh spinach, trimmed
- 4 oz. feta cheese, crumbled
- 1 tsp. oregano

- 1 tsp. chopped fresh mint
- 1 tsp. lemon juice
- 1/4 tsp. salt

In medium saucepan, heat undrained tomatoes and chicken broth to boil. Add rice. Heat to boil. Reduce heat. Simmer, covered, 20 minutes or until liquid is absorbed.

In large skillet, sauté mushrooms, onion and garlic in hot oil 8 to 10 minutes until vegetables are tender. Stir in rice, beans, spinach, feta, oregano, mint, lemon juice and salt. Cook 1 to 2 minutes over medium heat until spinach is just wilted.

Serve hot or cold. Garnish with spinach leaves and lemon wedges, if desired. Makes 7 servings.



FEELING FIT BY MARK LYMBERPOULOS

Folks waiting between planes at Dallas/Fort Worth can exercise away the hours at a new health spa there. Facility offers exercise equipment, pool and sauna, even a spot for a nap.

Parties are easier to handle if you eat something beforehand. Then nibble on fresh raw vegetables—slowly or plain popcorn. Avoid potato chips, salty or buttery crackers. Even cheese is rich.

Exercise in the water can be helpful for arthritis. Some Y's are offering special classes in cooperation with the Arthritis Foundation.

Vitamin C seems to trigger a natural bronchodilator that helps asthmatics who have exercise-induced breathing problems. Research was done at a New Haven (Connecticut) lab.

Doesn't matter if you'd rather jog or do aerobic dancing. Both offer the same heart and lung fitness benefits, according to a controlled test at the University of Wisconsin at LaCrosse.

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Today's Food

Restaurants cook favorites at benefit against hunger

A ticket to Taste of the Nation on Sunday will help feed people who are able to share the bounty in their lives, as well as those who need help making ends meet.

About 40 local restaurants and 10 food and beverage purveyors will cook up a benefit dinner from 7 to 9:30 p.m. at St. Louis Galleria, funds from which go to the St. Louis Area Foodbank and Operation Food Search. Restaurants ranging from Dierdorf & Hart's Steak House and Tony's to Applebees International and St. Louis Bread Co. will dice, peel, saute and cream their best offerings for guests to sample.

Applebees, TJ's Wildflowers, Cafe Balaban, Ramon's, Jalapeno, Bristol Bar and Grill and the Pasta House Co. are new to this year's event.

Frank Finnegan, executive director of the St. Louis Area Foodbank, says that while a benefit like this does not wipe out poverty and the need for food, it does help provide relief to some people who otherwise would not have the means of putting food on their tables.

Since 1990, when people were out of jobs due to downsizing, there are other scenarios facing those who seek help at food pantries, he says.

A recent survey by Second Harvest, a national hunger relief agency, painted the changing face of those coming to food banks. One-third of those who use the services work,



but do not make enough money to cover all their expenses.

"When you get your utility bills, you can't negotiate that amount, so whatever is left over is what you spend on food — but it's just not enough. These people go to the food bank on a short-term basis to get over the hump before the next paycheck comes," Finnegan says.

Another third are in transition, working their way off food stamps. It takes an average of nine months of help before they are self-sufficient. The last third, including the elderly, find themselves in situations where there will be no change.

Both St. Louis and state restaurant associations are represented among the event's sponsors.

"They are involved in other benefits, we know, but this is the one where they bond together and actually run the event. One

hundred percent goes back to the agencies," Finnegan says.

Other sponsors are American Express, Calphalon and Evian.

A single ticket allows sampling from all the restaurants. Price is \$40 in advance by calling Metro-Tix at 534-1111 or the Missouri Restaurant Association, 576-2777. Tickets at the door are \$50. A program booklet with recipes from many of this year's participants includes Pasta Pedrone from Candici's.

PASTA PEDRONE

- 3 oz. uncooked angel hair pasta
- 6 marinated sun-dried tomatoes
- 2 cloves garlic, minced
- Splash of dry white wine
- 1 tsp. chopped fresh basil
- Roasted pine nuts
- 1 fresh tomato, diced
- 2 tbsp. butter
- 2 tsp. beef stock
- Salt and pepper to taste
- Fresh parsley

Bring pot of lightly salted water to full boil. Add pasta. Cook about 5 minutes until al dente.

Saute garlic in oil drained from tomatoes until garlic begins to turn brown. Add sun-dried tomatoes, basil, wine and a few pine nuts. Stir to combine. Add fresh tomatoes, butter and beef stock.

Good Health

By MELANIE POLK



Fresh spinach is delectable food of spring.

Greens color the earth to rule taste, nutrition

Greens are an obvious choice for a food that offers taste and nutrition, yet does not break the bank.

Swiss chard, kale, arugula, spinach and other greens star in delicious pasta, salad and soup recipes. Their renown is growing for supplying lots of vitamins and minerals, plus a wide range of natural plant substances called phytochemicals researched with funds from groups like the American Institute for Cancer Research.

Greens aren't just nutritious rabbit food. They contribute a spectrum of tastes, colors and textures to any meal. Use them as a base for salads, on sandwiches or as other side dishes.

The peppery taste of arugula is delicious in salad. Belgian endive has a pleasant bitterness that is good steamed or in salads or gratins. Try the distinct flavor of escarole steamed, in soup or mixed with milder greens in salad. Kale is pleasantly pungent steamed, sauteed or boiled, while the sharp flavor of radicchio is

best used in salad. Sorrel adds a tart touch to salad and soup while watercress provides spicy flavor to soup, salad and traditional tea sandwiches.

When shopping, choose greens kept moist and refrigerated. Dark green leaves should be crisp, clean and fresh looking, with no yellow or black spots, insect holes or dry, wilted leaves.

Wash greens thoroughly in water, discarding damaged outer leaves, and lay them on paper towels to dry.

Store greens in the refrigerator crisper drawer to maintain freshness. Because nutrients leach out into cooking water, steam, saute or stir-fry greens briefly until just tender and serve immediately.

For a free guide to vitamins and minerals found in many foods, write to: American Institute for Cancer Research, Department VG, P.O. Box 97167, Washington, D.C. 20090-7167.

Registered dietitian Melanie Polk is director of

nutrition education for the AICR in Washington.

CHINESE SPINACH WITH MUSHROOMS

- 1 tsp. olive oil
- 1 tsp. toasted sesame oil
- 1 1/2 cups sliced mushrooms
- 1 Vadalia onion, thinly sliced
- 2 cloves garlic, sliced
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, squeezed dry
- 1/2 tsp. minced ginger root
- 2 tsp. soy sauce

In medium saucepan over low heat, warm olive oil and sesame oil. Saute mushrooms, onion and garlic 15 to 20 minutes until onion and mushrooms are soft.

Add spinach, ginger and soy sauce. Cook, covered, 10 minutes or until spinach is hot.

Makes 4 servings, 62 calories and 3 g fat each.

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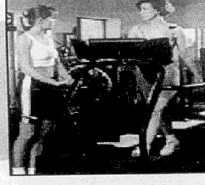
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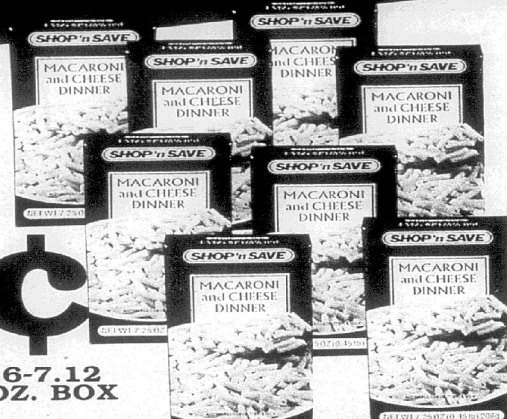
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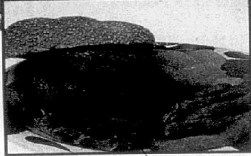
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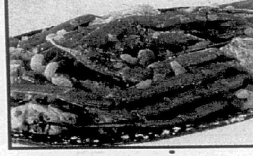
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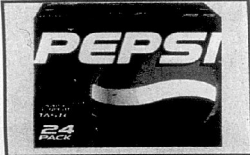
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AUTOMOTIVE

VW
Passat



Volkswagen's 1998 Passat has lots of appeal

By Tom Strongman

While the New Beetle is the hottest buzz from Volkswagen, there's another newcomer lurking in its showrooms that deserves its share of attention: the 1998 Passat.

This arch-roofed, round-nosed sedan shares its heritage with the Audi A4 and A6. It will play a huge part in Volkswagen's U.S. resurgence, because it squares off with popular competitors such as the Toyota Camry, Honda Accord and Oldsmobile Intrigue. Its distinctly German look breaks the mold of "me-too" styling, while its spacious interior is populated with pleasing textures and efficient instrumentation.

It has taut road-holding, nicely weighted steering and a solid body structure free of creaks and groans.

The base price of \$21,250 includes front and side air bags, anti-lock brakes and electronic traction control.

Last fall, my first drive in the Passat was an eye-opener, so I asked Volkswagen for an extended test drive. In January, a silver GLS took up residence in our garage, where it stayed for three months.

What I discovered was this:

The 1.8-liter, turbocharged engine is deceptively quick. Normally, a four-cylinder this small in a car this big would have you smashing the throttle just to keep up with traffic. But this engine is unusual. A turbocharger fattens up its low-speed power, and five valves per cylinder give it robust lungs so it breathes freely at high rpm. Even though 150 horsepower is not a lot for a car this size, it gets to 60 mph in about eight seconds.

For those who want more zip, an optional 190-horse V-6 is just now available. About half of the V-6s will come with a five-speed manual, reflecting the fact that Volkswagen buyers want a more sporting driving experience.

rience.

I averaged 19.3 mpg in town and 26.6 mpg on the highway during my three months.

The Tiptronic transmission is my choice for a couple of reasons. It lets you shift manually, should that be your desire, although most of the time I left it to do its own thing. In full automatic mode, it responds to your driving style. Push hard on the gas and it holds each gear a bit longer, even letting engine braking slow the car for turns without upshifting. Drive gently and it shifts quickly.

Truth be told, I did not shift it manually much after the first couple of weeks, but I liked knowing I could.

The automatic saps a bit of power from the four-cylinder engine but not enough to be of consequence. Buyers who want a performance edge will love the five-speed manual, but I see the Tiptronic as the best of both worlds.

The interior is comfortably large. Head room is more than adequate, thanks to the tall roof. With a wheelbase 3 inches longer than last year, there is generous knee room for rear-seat passengers. The trunk is big and positively voluminous with the seats folded forward.

I liked the tilt-and-telescoping steering wheel, one-touch up and one-touch down power windows, keyless entry, power mirrors with foggers and trip computer.

The cloth seat fabric grips your clothes like Velcro, which is not always good for scooting in and out. Leather is a \$950 option.

Soft-touch rubber around inside door handles sends the subtle message that you are grabbing hold of a much more expensive car, and the texture used on the top of the dash and door panels looks rich and elegant.

Engine:
1.8-liter, four-cylinder turbo
Transmission:
Automatic
Wheelbase:
106.4 inches
Curb Weight:
3,236 pounds
Base Price:
\$21,250
Price as Driven:
\$23,605
MPG Rating:
21 city, 31 highway

The Passat has a clever four-link front suspension design that eliminates most of the annoying characteristics of front-wheel drive. It was rock steady in turns, with very little body roll. While the ride is not sports-sedan tight, it is buttoned down sufficiently to produce satisfying handling.

With an industry-leading drag coefficient of 0.27, one of the lowest for a production car, it knifes through the air with hardly a ruffle, and wind noise is almost nonexistent. If you drive by ear, you constantly will exceed the speed limit because it is so quiet.

My only real complaint centers on the cup holder, which slides out of the dash in front of the shift lever. Not only is it too flexible, but it can't hold any cup larger than a soda can.

Occasionally, the engine's idling caused a



buzz from somewhere up behind the dash.

The Passat is typical of the new products from Volkswagen. It has tight cut lines between body panels, avant garde styling and an engine that has four-cylinder efficiency and V-6 power. The fact that it comes to market competitively priced only makes it more appealing.

The base price of our silver GLS was \$21,250. Options included the power sun roof, Tiptronic transmission and CD changer. The sticker price was \$23,605.

The standard warranty is for two years or 24,000 miles. The powertrain warranty is for 10 years or 100,000 miles.

Feds studying crash records of trucks, SUVs

By Rick Stoff

When you're driving a big old truck or van, don't you feel all safe and snug, almost like you're driving a tank? As more and more trucks and sport-utility vehicles hit the road, it has become apparent that many of them are like tanks.

The federal government is taking a close look at the accident records of trucks and sport-utility vehicles. Preliminary statistical analysis by the U.S. National Highway Traffic Safety Administration has found that light trucks and vans, now labeled LTVs, account for about a third of the registered vehicles in the country but are involved in more than half of all fatalities resulting from crashes involving two or more light vehicles.

NHTSA also says it has found that more than 80 percent of fatalities resulting from side impacts occur when the striking vehicle is an LTV.

What's the problem? NHTSA researchers Hampton C. Gabler and William T. Hollowell say LTVs are heavier and have higher ground clearances than the cars with which they mingle in traffic.

Trucks and sport-utilities must sit higher in order to do their intended jobs—carry heavy, suspension-flexing loads and travel off-road on rocky, bumpy trails. But the researchers say this disparate ride height may make LTVs "fundamentally incompatible" with cars when crashes occur.

A trip to the driveway shows that the front bumper on a full-size truck sits about 24 inches off the ground. The back bumper of the small sedan parked next to it is 18 inches high, and the rear bumper of the old Volkswagen convertible parked next to that is only 16 inches high. In any collision between these vehicles, the truck bumper would not even touch the car bumpers.

Gabler and Hollowell are studying vehicle design characteristics to determine whether there might be solutions to the perceived problem. Lowering bumper heights, as has been done with semi-trucks and their trailers, would seem to make a big difference.

Such a solution would seem to be reasonably simple. The member companies of the American Automobile Manufacturers Association (Chrysler, Ford and General Motors) issued a statement in which they promised to work with the government to study the problem. (As if they had a choice.)

"As part of their commitment to safety, AAMA's member companies will continue to work with NHTSA and international researchers on the issue of vehicle compatibility," said association president Andrew H. Card Jr.

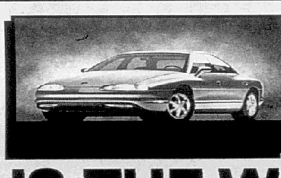
AAMA agrees with NHTSA that more research is needed to understand what happens when vehicles of different size, weight, front end stiffness and design collide," he said. "Before changes in vehicles can be considered, automakers and the government need to understand how much each of these factors contributes to vehicle incompatibility. And we must ensure that any changes in design to light trucks intended to reduce risks of passenger car occupants do not inadvertently decrease the safety of the occupants of those light trucks."

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11422 Schenk Drive, Maryland Heights, MO 63043
Attn: Joe Likens, 314-291-6510

TruGreen-ChemLawn St. Louis South
455 N. Highway Drive, Fenton, MO 63026
Attn: Jeff Collings, 314-243-1973

TruGreen-ChemLawn
Equal Opportunity Employer

J.C. PENNEY

CHESTERFIELD MALL
314-519-1800
NOW HIRING

- FINE JEWELRY ASSOCIATES
- COSMETIC SALES ASSOCIATES
- DRAPERY SALES ASSOCIATES

PERMANENT FULL AND PART TIME

We Offer:

- Flexible Hours
- Excellent Benefits To Those Who Qualify
- Merchandise Discounts
- Competitive Wages
- Apply in person.

150 Chesterfield Mall
Chesterfield, MO 63017

EOE M/F/D/V

HOTEL/HOSPITALITY

RECRUITMENT RESOURCE IS YOUR EMPLOYMENT SOURCE FOR 1998

DRURY INN PEAR TREE INN

If you can WOW our guests, we have an opportunity in St. Louis is seeking responsible and enthusiastic individual to manage their daily housekeeping operations. Supportive environment with excellent benefits. We offer the following benefits:

- Profit Sharing
- 401K Plan
- Medical/Dental/Ins.
- Paid Vacations
- Paid Personal Days
- Great Team Atmosphere!

BE PART OF THE DRURY TEAM! Apply to:

1088 So. Hwy Dr.
Fenton, MO
(314) 453-7442
EOE

Assistant Executive Housekeeper

Castleton, the leading independent hotel provider in St. Louis, is seeking responsible and enthusiastic individual to manage their daily housekeeping operations. Supportive environment with excellent benefits. We offer the following benefits:

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EOE

EXCELLENT OPPORTUNITY FOR ADVANCEMENT

METROPOLITAN AREA HOTELS OPEN IN ALL AREAS

- Housekeepers
- Night Auditors
- Competitive Wages
- 401K & Health Benefits
- Life & Dental Insurance

APPLY IN PERSON AT:

COMFORT INN - HAMPTON INN
48 Commerce Drive • Collinsville, IL
55 & 70 & IL Rt. 157
Eastgrove Plaza
3660 S. Lindbergh Blvd. • Sunset Hills, MO
7133 Douglas Palmer Place
Hazelwood, MO 63042
or FAX to: (314) 821-1138
ABSOLUTELY NO PHONE CALLS

DAYS INN - RAMADA INN
3660 S. Lindbergh Blvd. • Sunset Hills, MO
7133 Douglas Palmer Place
Hazelwood, MO 63042
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Equal Opportunity Employer

HOUSEKEEPING

Are you looking for a job that offers excellent working conditions, and a real team atmosphere?

St. Luke's Hospital, a member of Unity Health, has full-time day positions in the Housekeeping Department available. Every other weekend is required. Experience helpful.

St. Luke's offers excellent benefits including: furnished uniforms, insurance, tuition reimbursement, discounted meals and more!

Apply in person today or forward your resume with cover letter to:

ST. LUKE'S HOSPITAL
Offsite Human Resources
40 Corporate Center
425 S. Woods Mill Rd.
Suite 100
Kirkwood, MO 63107
Equal Opportunity Employer

DESK CLERK

Opportunity is waiting at Motel 6. You'll handle a variety of clerical and administrative duties associated with processing reservations, check-in/check-out, and room assignments. Previous experience is desired. Top apply please mail your application, 1860 Veterans, Fenton, c/o Motel 6.

MOTEL 6
We'll Leave The Light On.
EOE M/F/D/V

AIRPORT MARriott

Has immediate openings in the following positions:

- Restaurant Operator
- Restaurant Server
- Banquet Server
- Banquet Aide/Attend.
- Cocktail Servers
- Room Service Servers
- Room Service Captain
- Dining Room Attend.
- Reservations Agents
- Kitchen Utility
- Catering Service Attend.
- Cooks
- Housekeeping Aides
- Pool Attendants
- Gift Shop Clerk

Professional appearance, good hospitality skills and stable work history are a must. We offer competitive wages, medical/dental ins., paid time off and many more benefits. Qualified applicants please call:

1-800-4-MARriott
(1-888-627-7746) for an appointment. Walk-ins are not accepted.

2211 Market St.
St. Louis, MO EOE

HOLIDAY INN AIRPORT OAKLAND PARK

Opening exists for RESERVATION CLERK. Experience with Holiday Inn preferred. Also seeking individual with excellent experience in ACCOUNTS RECEIVABLE. Apply in person:

1044 W. at our corporate office located at 1560 Congressional Drive, in the Westport Plaza. Call Joe Roland at 567-7087 ext 210. EOE

WANT ADS WORK!

WYNHAM GARDEN HOTEL WESTPORT

Now Hiring PT and FT Van Drivers. \$6.50/Hr + tips. Also hiring Front Desk. \$6.75/Hr. to start. Excellent benefits & hourly bonuses. Apply:

1870 Craig Rd.
St. Louis, MO
FAX: 314-205-9700
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Castleton, the leading independent hotel provider in St. Louis, is seeking responsible and enthusiastic team members to join our housekeeping department.

We offer:

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- Medical/Dental/Benefits
- Paid vacation/holidays
- Full/partial time schedules available

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DRURY INN & STES. CREVE COEUR

Now hiring for the following fulltime positions:

- Guest Service Agents
- Night Auditor
- Breakfast Host/esses
- Housekeeping
- Night Linen

Benefits with full time include: health/dental/ins., paid vacation/holidays, 401K retirement, and personal days off. If interested please call your resume to: CP. HOTEL with opportunities for future, please apply with in day or night.

1180 Olive
(Olive at 270)
EOE

HOUSEKEEPER

CP Corp. Home office of Sears Portrait Studios is looking for the right candidate to work in our Building Service department. Must be able to perform housekeeping duties. Experience in floor care (carpet and tile) is helpful. Candidates must be able to work independently and evening hours. If interested please mail your resume to: CP. Corp. ATTN: Valerie Pashley, 1708 Washington Ave., St. Louis, MO 63103 or fax to: (314) 231-2386, or Email us at jlf@cpccorp.com.

BEST WESTERN KIRKWOOD INN

Now hiring:

- Night Auditors
- PM Front Desk
- PM Guest Service Reps

We are looking for upbeat, friendly people to join our team. Competitive wages and central location. Please apply in person:

1200 S. Kirkwood Rd.
(444 & Lindbergh)
Kirkwood, MO
EOE

DOBB'S TIRE & AUTO

IS GROWING AGAIN!

Dobbs has expanded to 35 locations in the St. Louis Metropolitan area. If you are looking for a change, have experience and are interested in:

- Retail Tire Sales
- Automotive Service Center Management
- Automotive Technician
- Tire Service Technician

Then Dobbs has a career available for you. Full benefit package includes major medical, dental, paid vacations and 401(k) Plan. Call Darrell Schelp for a confidential interview appointment at (314) 677-2972 ext. 7122 or call

- Dobbs Tire & Auto
Mr. Dave Rieger
12626 Dorsett Road
Maryland Heights, MO
(314) 576-1500
- Dobbs Tire & Auto
Mr. Dave Roeder
11844 Tesson Ferry
St. Louis, MO
(314) 842-3566
- Dobbs Tire & Auto
Mr. Ollie Souffle
2646 Troy Road
Edwardsville, IL
(618) 659-1499

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- Dobbs Tire & Auto
Mr. Ollie Souffle
2646 Troy Road
Edwardsville, IL
(618) 659-1499

DOBB'S
Join the Dobbs Team - An Equal Opportunity Employer
EOE M/F/D/V

Two-worker families create niche for professional house cleaners

steam-cleaning carpets, dust-



happened quite a few times," says Kinnerger.

A good house cleaner must therefore be someone who loves the smell of cleanser in the morning and doesn't mind coming home smelling like furniture polish.

Since her employees are working in the homes of her clients, Kinnerger screens her applicants carefully.

"We look for someone who is pretty clean-cut," Kinnerger said. "We want them to have a nice appearance and get along

Other requirements include a clean police record and a valid driver's license. Kinninger said her employees must sign an agreement saying they don't have a police record.

Scubby Dutch sends its cleaners out in teams of three. Shari Whalen, Cheryl Britt and Marlon Smith, for instance, clean hard together so that their customers don't have to. Cheryl is the supervisor, Kinninger said. "They're a good team, and they work well together."

The Face & The Body Day Spa also accept clothing donations on a continuing basis at its two locations: 7736 Forsyth Blvd. in Clayton and 1765 Clarkson Road in Chesterfield.
For more information, call 909-9646 or check out the Dress For Success web site at www.dressforsuccess.org

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bottom
of your basement...
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 • Replacement Windows,
 • Siding, Kitchen etc.
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or 344-3251

Anna Houston Markarian
 23, April 1927
 07, November 1993



JUNIOR
 You are my everything, my only love. I miss you tremendously.
JOHNNY

INVITATION FOR BIDS
The Madison County Housing Authority
sealed bids on two (2) vehicles:

**Two (2) 1997 or 1998
1/2 Ton Pick-up Trucks**

Bids will be received at the office of the
Madison County Housing Authority, 1601
Olive Street, Collinsville, IL 62234 until
3:00 p.m., prevailing time, Wednesday
May 6, 1998.

All bids are subject to the terms and
conditions of this invitation, the terms and
conditions of the specifications, bid
documents and its attachments.

Persons interested in bidding may obtain
a copy of the Bid Document from: Diane
Henderson, Contract Administrator,
Madison County Housing Authority, 1601
Olive Street, Collinsville, IL, 62234
Telephone: (618) 345-5142 ext. 13.

The Housing Authority reserves the right to reject any and all bids, and to negotiate with the lowest bidder(s) such changes in price and scope of work as may be necessary to achieve feasibility.

**BY ORDER OF:
MADISON COUNTY HOUSING AUTHORITY
AND EQUAL OPPORTUNITY
EMPLOYER**

**M.J. BONE
EXECUTIVE DIRECTOR**

